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The Iowa Homemaker vol.3, no.2

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Iowa State College

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Authors

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IOWA STATE COLLEGE



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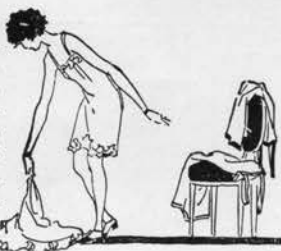
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THE IOWA HOMEMAKER

"A Magazine for Homemakers from a Homemakers' School"

VOLUME 3

MAY, 1923

NUMBER 2

It Is Not Always May

By MAYBELLE A. PAYTON

WHEN asked what an ideal high school girl should be, a member of one of my classes wrote the following: "I think an ideal high school girl is one who is polite to everyone; who applies the talents she has been blessed with, to the best of her ability; who is diligent in the pursuit of her studies; who feels herself joined to her fellow-students by a common bond of sportsmanship, school spirit, and general good-fellowship; who at home, is thoughtful of others, takes her part in the family duties, joys, sorrows, and sacrifices, and makes for herself such a place in the simple routine of home life that, if she were ever called upon to leave that home, the only memories left behind her would be those of merry smiles, kind words, and a genial kindliness for all." This seems, to me, to be the very essence of all that the school and the home have a right to expect of the girl of high school age; and, coming as it does, from the pen of a high school girl, its genuineness should make a strong appeal to other teen-age girls.

"One who is polite to everyone." The other day I was walking thru one of our crowded corridors, with my arms full of books and papers. In her excitement to get the attention of one of her friends who was ahead of her, a girl bumped against me vigorously, causing several of the books to fall to the floor. With a mere "Pardon me," she hurried on to join her friend, while I was forced to the embarrassment of having to ask one of the boys to pick up the books for me.

That girl made a very bad impression upon me; so much so that now, when I meet her in the halls, the first thought which comes to my mind is unfavorable to her. It may be necessary, at some later time, for that girl to be in one of my classes; how much harder she will have to work, and how much more polite she will have to be, to destroy the old impression and create a new favorable one, than she would have had to, if she had been polite to me the first time. But that little incident may be only one in a long chain of unfavorable impressions which she is allowing herself to make, every day, at school and at home.

Can she afford to do that? Can any person afford to allow such thoughtlessness to control his actions? I sincerely believe that the average high school girl of today is not as polite as she could be, and it is a source of deep regret to me, since my great desire is to have the community in which I teach think well of the girls with whom I work. More often I can defend them, but there are

The Homemaker is glad to introduce to the high school girls of Iowa Miss Mabelle A. Payton of Cherokee. For a number of years Miss Payton was connected with the English department at Iowa State. She is now assistant principal of New Trier high school, Wilmette, Illinois, and it is from a great fund of experience that she writes of the high school girl. Concerning her article, she says in her letter:

"It has been a work of love, and I shall be happy if the girls of my own state find something of value and inspiration in it."

times when I am deeply mortified and hurt to have to admit the truth of some of the accusations brought against them. And, sad to say, the outstanding criticism of them is their lack of politeness, especially to people older than they. Where do you rank, dear girl, in the scale of politeness?

Another girl, in speaking of the ideal high school girl says, "She should be pretty. By this I do not mean pretty as it is usually interpreted, but that kind of prettiness which is in rosy cheeks and sparkling eyes of the girl who is interested in, and enthusiastic about, everything in her school life, and in her life at home." Such is this one girl's idea of beauty, but that some of her school-mates do not agree with her is evidenced by the time, money, and energy spent in over-dressing themselves. The desire to look beautiful is, and should be, in every normal girl's heart, but too often she has a distorted idea of what genuine beauty is.

The mother of a certain girl, who was in college, received a letter in which she was told that her daughter had been voted the best-dressed girl in college. When the father of the girl read the letter, he looked very serious, laid the letter on a table, and said "I don't like that. It hurts." "Why?" asked the mother, in surprise. "Because," added the father, "I do not want my daughter to be popular because of her clothes." Then to the father's great relief and happiness, the mother said, "And I, as well as our daughter, have agreed with you; so much so, that she has been voted, not the best-dressed girl in college, but the most appropriately dressed."

Appropriately dressed! Such a contradiction presents itself in my classroom, most any day, that it is almost

painful. At one side of the room, may be the girl dressed in filmy crepe (and one cannot help marvelling at the confidence which she places in a few friendly snaps); wearing satin slippers with the customary French heels; with hair dressed as if for an evening affair, decorated comb and all—and the ever present vanity case on her desk. What a contrast to her is the normal girl on the other side of the room, or sitting next to her! What a relief to see her plain sweater or middie-blouse, and sensible skirt, with the proper shoes to complete the outfit! There is a time for all things, and surely that is true of nothing, more than of the suitability of dress to the occasion.

How little time and thought a girl of high school age should be obliged to give to clothes, beyond a certain neatness and becomingness, to be attractive. To me, an attempt to do anything more than this is like an artist's trying to improve upon the beauty of a natural sunset, or an amateur musician's attempting to make more perfect a Beethoven Sonata. A girl of teen-age is beauty itself. How unnecessary, then, for her to insist upon adding unto herself all the artificialities of modern adornment and style. The simpler she is, in her dress, the sweeter she becomes, for it is then that the world discovers her natural charm, and is made the happier because of it.

"One who applies her talents to the best of her ability"—this is another one of the characteristics which our young friend named, as belonging to an ideal high school girl. It can be applied to her life in the home, and to her school life. I shall take time to discuss this, only as it applies to her work at school, since that is the side of her life in which we are particularly interested here.

Five years ago, in September, a timid girl of sixteen came into one of the freshmen classes which I had at that time. She told me, when questioned, that she had come from the elementary schools of a small town in northern Minnesota, and was anxious to finish a course in our high school. She was, from the first, a girl with a purpose, a girl with a desire to do something for herself.

Toward the close of that year, she came to me, in tears, to tell me that her mother was seriously ill, and that she would have to leave school to go home to care for her. "I can't bear the thought of giving up my work," she said, "yet mother needs me, and I must go. But you will see me again, for I shall come

(Continued on page 16)

The Why of a Home Economics Course

By FLORENCE BUSSE



"I WISH I'd taken a home economics course," sighed my college friend. There are so many things I'd like to know how to do well. This whole business of homemaking demands so much training and I'm afraid it's been pretty hard on Jack to live thru all this experimentation. No wonder they advise men to marry young—their physique is good then."

The questions which were asked of me on subsequent visits to her home were indicative of the stage of her experience in this her new job—the job of homemaking. "How do you make baking powder biscuits?" "Tell me something to have for dinner tonight." "What kind of dishes shall I buy for daily use?" And later, "How should one cook vegetables to make them most nutritious?" "How can I take this tea stain out of my new tablecloth?" "What shall I have to eat when the girls come in this afternoon?"

And then when her little son came there were more anxious inquiries. "The doctor says baby must be fed only every four hours. Is that really often enough?" "How much water should a baby have daily?" "How much should a little baby sleep?" On my last visit several years later came this request, "Oh please help me plan the kitchen in my new home! I really don't know how to arrange a convenient one."

This friend had a profession which demanded of her a skill and a judgment which could come only from observation and careful training. Her's was the great job of homemaking in which every woman participates more or less.

Someone has said that the things mother used to make are now made in a factory, not only bread and hosiery, but baked beans and button-holes. The girls of today therefore, need a more general education in household economy than their mothers had in order to detect adulteration in food and fabric, to plan well balanced meals that are economical and healthful, and to get the full value of the shrinking dollar—so the modern cook studies chemistry and calories, as well as menus and markets.

No course in home economics which has as its real motive the training of better homemakers for better homes will ignore the basic fundamentals of a college education. The casual observer will remark that cultural subjects are usually omitted from a technical program, that the girl who selects a technical college must deny herself the refining influence of cultural subjects. Examination of the subjects required for graduation in a well planned technical college are comparable with those required for graduation from a liberal arts college: english, english literature, history, economics, general psychology, sociology, modern language or perhaps mathematics, zoology, bacteriology, public speaking, general chemistry, organic and food chemistry, art appreciation, physics and hygiene. These courses offer a foundation for the special home economics subjects. These are food principles, garment construction, applied art, household care, textiles, marketing, budget making, home construction and sanitation, family and community health, nutrition and the principles of nutrition applied to meal planning.

With this training in home economics the graduate may enter certain vocations which have evolved from the household crafts.

1. There is always a need for well trained teachers. If a girl wishes to enter this field she may add to her course certain electives in education. This field offers increasing opportunity to the successful teacher. A girl may follow the line of greatest interest. She may instruct in art, in food, or in garment construction.

2. Commercial positions are opening more and more to the home economics graduate. There is need of designers, milliners, interior decorators, tea room managers, cafeteria directors, and dietitians.

3. Community service. In the larger vision of service to the community the home economics woman also finds opportunity for paid service as a social worker, a home or foreign missionary, and visiting or resident housekeepers.

Education well founded in these days is centering its attention upon education for the service the individual must render to society. Larger than the individual, the family, the state, or the nation, is the world service. This education for service promises the most desirable development of the individual.

Home economics education gives a broad training which makes possible many types of service. It is for our college girl to study her ability and to select the field where her training will let her render the broadest service. This alone will give her the greatest measure of joy.

Why I Came to Iowa State

Compiled by Clara Jordan

WHY go to Iowa State? It's a school for men!"

Nearly every girl who chooses Iowa State for her college has this question thrust at her.

True, it is a school for men, but most of the outsiders and those who knew Ames only from reputation, overlook the fact that it is a school for women as well. Iowa State is the leading school in home economics in the country and it has the largest enrollment in this subject. Why should it not be a college for women? It's full name, Iowa State College of Agriculture and Mechanic Arts, may hide these facts, but they are true nevertheless and every year the college is becoming more and more recognized as an institution which offers the very finest educational opportunities to women. The enrollment of women is now in excess of one thousand, five times as many as a decade ago.

Aside from the home economics studies many others are offered that are parallel with so-called liberal arts studies. Every year Ames is turning out women who are leaders not only on the campus but also in the communities into which they go after completing their college work. Here are compiled the reasons of some of the prominent women leaders on the campus, stating why they came to Ames.

Verna Hunter, President of the Women's Guild, (student government body for women) for the year 1922-23:

I came to Ames because the course of home economics seemed so attractive. I will confess, however, that my intention was to remain here only a year or two at the most. But the spirit of the school, the atmosphere of the whole place, and the wonderful fellowship among the women on the campus made the place become so dear to me that I could not and would not leave.

Claire Youngclas, President of Women's Guild for the year 1923-24:

I tried another school first, but it did not seem to satisfy. It has always been somewhat of a tradition in our family to come to Ames and that tradition seemed

to lead me here and I wouldn't change now for anything. The practical value of the home economics course always attracted me and since I wanted to take up that line of work, Ames was the logical place to come.

Mary Heald, "Big Sister" Chief for 1922-23:

I wanted to go to a state school so I came to Ames. I had attended a college in my home town but the atmosphere there was not as democratic as the spirit for which Ames is noted. I had to work my way thru college and the opportunities at Ames were more abundant and there was no distinction made between those who worked and those who did not. Also the Industrial Science course made a strong appeal to me.

Gladys Watson, President of Y. W. C. A. for 1922-23:

I was first interested in Iowa State thru a friend of mine who was attending Ames. All thru high school I was fond of home economics work and Ames offered the best advantages to me. Another thing which appealed to me was the efficient way in which the women of the college were cared for and housed.

The democratic spirit among the Ames girls whom I knew made a deep impression on me and influenced my choice.

Helen Beels, President of Home Economics Club:

Ever since I have been a sophomore in high school, I have wanted to come to Ames to school. A friend of mine was a student here and from the enthusiastic manner in which she spoke of Ames, she aroused my interest so that it was always my desire to be an Iowa State graduate. Of course I was always vitally interested in home economics so Ames was just the place for me."

Irene Dewey, President of Jack o'Lantern:

Well, you see I live right here in Ames and I just naturally came here to school. But I had planned on taking up home economics work so I came here because it was handy and because it offered me just what I wanted.

Nita Comstock, President of Mortar Board:

I always wanted to take up home economics work and the democratic spirit of the girls and the lasting friendships that had been made here among

older friends made me want to come to Iowa State more than to any other school.

Rose Storm, past editor of the Iowa Homemaker:

Most of my family were Ames students and my sister Bess was a most enthusiastic supporter of Iowa State so I came to carry out a sort of family tradition. Then I also had a desire to know all I could about home economics and the work that I could procure here in journalism influenced me in my choice."

These girls who are leaders on the campus and the rest of the girls whom they represent have had sufficient and worthy cause for choosing Iowa State as their college. They have found not only the work they wanted but have found success along other lines as well. Each year as the enrollment increases the women come more and more to the front making their presence not only felt but an absolute necessity. With these above stated reasons from those various girls, it is proof conclusive that Iowa State College is a college not for men solely but most emphatically a college for women.

Picnic Ingredients

By GRATA THORN

WITH the coming of May everyone yields to the spell of the picnic atmosphere and mother and sister begin preparations for a picnic with the usual question, "What shall we take?" Most people make the mistake of having too great a variety. It is much better to have plenty of a few appropriate things rather than a small amount of many dishes. Why not apply the following general recipe to all of our picnics?

Ingredients:

Something Filling
Something Wet
Something Cold or Hot
Something Sweet
Something Sour

Procedure:

Prepare plenty of each of the above for everyone eats a great deal more when out in the open than when at home. Pack attractively and serve on a grassy slope in the wood.

A bonfire always adds to the attractiveness of the picnic and makes the preparation of hot dishes very simple. What is more delicious than a thick steak broiled in the woods? The steak should be cut in small pieces the size of the sandwiches before going to the woods so that it will be ready to serve without further cutting. It may be cooked in broilers, on a wire toaster or in a frying pan. Perhaps the fact that the cooking of steak has necessitated someone standing over a hot fire tended to make a steak unpopular for the picnic lunch, but this difficulty is easily overcome. The fire should be started soon after arriving in the woods and after it is burning well may be pushed back and the frying pan containing the steak placed on the hot ground. The results are a deliciously cooked steak without

the unpleasantness of having to stand over a hot fire.

If you are going to roast weiners it is well to parboil them before leaving home for it takes only a few minutes and assures the weiners being cooked through which it is almost impossible to do when roasting them over a fire.

Bacon and eggs are easy to fix and are something that everyone likes. If you fry the eggs whole you must be sure that the sandwiches are large enough to hold the egg. Scrambled eggs and bacon are much easier to eat in a sandwich and are equally delicious.

If you are planning to spend the most of the day on your picnic you can roast potatoes and corn in the ashes of the fire but ample time must be allowed them. A can of baked beans may be brought from home and heated in hot water to add another hot dish to the menu. If you are not going too great a distance hot things may be carried from home by careful packing. Coffee, cocoa, and other beverages may of course be carried in thermos bottles but if you do not have these, the beverages may be put in glass jars and wrapped very tightly in several newspapers thus retaining the heat in the jars for some time. Many hot dishes may be packed the same way such as baked beans, creamed potatoes, escalloped potatoes and hot meat dishes.

If the coffee is made at the picnic it may be done much more easily by tying it in a cheesecloth bag. The coffee should be made in a pail with a wide base for it sets on the grate better than the average coffee pot.

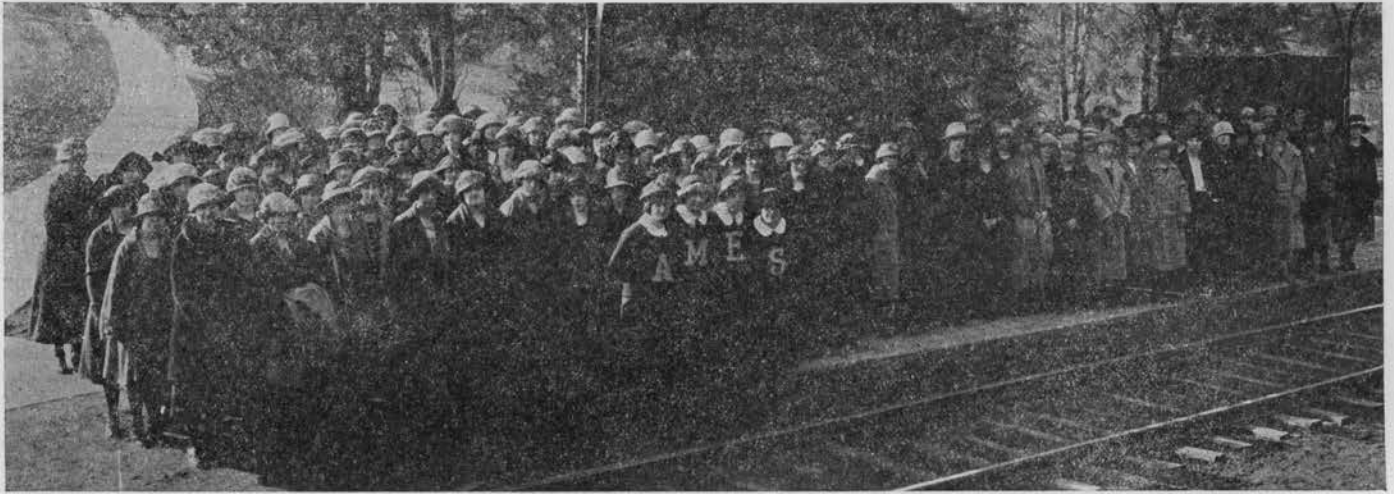
No picnic would be a picnic without sandwiches but it is very important that the bread is fresh and that the filling is well seasoned and wet enough to be

good. If you are making meat sandwiches it is much better to chop the meat and add salad dressing, mustard or vinegar than simply slice the meat for it is apt to make a dry sandwich. A meat substitute sandwich may be made by grinding up roasted peanuts and chopped sweet pickles and adding salad dressing until it is of the proper consistency. Jams or jellies mixed with cottage cheese make a filling as well as a sweet sandwich. Rye and graham bread may be used to give a greater variety to the menu. Nut breads may be used for sweet sandwiches or as a substitute for dessert. If you are planning to have boiled ham and potato chips, these, for the sake of economy, should be prepared at home rather than purchased. Plain bread and butter sandwiches should be used with such a menu. Sandwich fillings such as a cheese filling may be made so that the family can toast the sandwiches over the fire. The essential things to remember however is to make the picnic sandwich of a good size avoiding thin and dainty sandwiches on the picnic dinner.

Potatoes may be baked in the coals of the fire in a short time by placing them in a large tin can and covering this with a slightly larger pail, thus forming a temporary oven, and setting this in the coals of the fire.

A cold crisp salad on a warm day is always irresistible but many people hesitate to make it because of it being difficult to carry. If you are planning to make a salad choose some kind other than the usual picnic potato salad. Vegetable salads are easily packed and give a variety to the usual picnic dinner. Whole tomato salad may be made by

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On the morning of April 10, 125 girls left Campus Station to attend a day's session of the National League of Women Voters.

Iowa State Women Attend Voters' Convention

By ELEANOR MURRAY and JEANETTE BEYER

IN JUNE, 1880, Carrie Lane received her diploma from Iowa State College. This April, 43 years later, the National League of Women Voters, of which Carrie Lane Chapman Catt was the first president, held its fourth annual convention in Des Moines. Mrs. Catt was mainly responsible for the organization and development of the league.

What would Mrs. Catt think, as she herself, unable to attend the convention, travels over the Andes on her way to Italy to take charge of the International Conference of women citizens at Rome, if she knew that 125 young women from her own alma mater attended an entire day's session of the Des Moines convention?

Two special interurbans left Campus station Tuesday, April 10 at 8:30 a. m., carrying the Ames delegation. After registering at the League headquarters in Hotel Ft. Des Moines, the girls went at once to the convention hall in the First Methodist church. The main floor was reserved for the delegates only and placards from the 48 states scattered over the auditorium were evidence that it was truly a national convention. The gallery was reserved for convention visitors, and here the girls sat during the morning and afternoon sessions.

At six o'clock the girls gathered at Younker's Tea Room for dinner with the Ames alumni women in Des Moines. The A-M-E-S (feminine) quartette, a part of the delegation, supplied college atmosphere and created enthusiasm with pep songs.

Mrs. F. Louis Slade, President of the New York State League, a guest at the Ames dinner, was introduced by Verna Hunter, President of the Women's Guild at Iowa State.

"The League of women voters," said Mrs. Slade, "stands for better government and for human government." In

speaking of the work of the league she continued: "We have merely touched the surface. It is left for YOU to make this world what you want it to be. As Mrs. Catt used to say long ago, 'nothing is worth trying for unless it is impossible.' No matter how old you are, you college girls, you're always in school. There is always someone ahead who knows more than you do."

"Remember Mrs. Catt, a graduate of your own institution. Remember the pioneers who couldn't be stopped," was Mrs. Slade's final challenge.

After the banquet special street cars took the delegation to Hoyt Sherman Place where the evening meeting was held. In her president's address, Mrs. Maude Wood Park, president of the League, stated, "the National League of Women Voters is not a political party, but is a training school for women citizens. We are neither reactionary nor radical, but are advancing straight along the road which means the advancement of our nation."

Mrs. Park wished to emphasize the word *energetic* in the convention motto—"The most powerful factors in the world today are clear ideas in the minds of *energetic* men and women of good will."

The main plank of the League's platform as outlined by Mrs. Park is to bring about a reasonable increase in the voting percentage of the nation. "Elections are examinations by which our citizenship is tested," said Mrs. Park. "The presidential election is the final examination. What was your grade in the last final? Only forty-nine per cent of the possible voters in the United States voted in 1922. Obviously less than half of the citizens of our nation did their duty. This state of affairs indicates that we are not a democracy—we are ruled by a tiny minority. Success in government does not rest on the few who do great

things but on the many who do small things."

In concluding Mrs. Park stated: "The hope for the future of the League of Women Voters is not a group of expert voters who do remarkable things but an every woman's organization."

The outcome of the day's expedition was a mass meeting in Agricultural hall a week later, attended by over 400 Iowa State women. At this meeting Miss Belle Sherwin, first vice president of the League, and Mrs. Charles H. Dietrich, director of the sixth region, told of the opportunities that a local organization would open to the women on the campus. Plans for a college league of women voters were practically completed and officers nominated for the new organization. Thus Iowa State has definitely linked herself with the women citizen of the nation.

Little did the world guess in 1880 the work Carrie Lane was to do. Who knows what may come out of this junior league by 1966?

WOMAN LEADERS OF THE UNITED STATES

After a great deal of consideration and research the National League of Women Voters have listed the twelve women in the United States who have contributed most toward the betterment of the world.

The list is as follows:

Jane Addams	Philanthropy
Cecelia Beaux	Painting
Annie Jump Cannon	Astronomy
Carrie Chapman Catt	Politics
Anna Botsford Comstock	Natural History
Minnie Maddern Fiske	Stage
Louise Homer	Music
Julia Lathrop	Child Welfare
Florence Rena Sabin	Anatomy
M. Carey Thomas	Education
Martha Van Rensselaer	Home Economics
Edith Wharton	Literature

A Modern Version of the Hope Box

By N. BETH BAILEY

DO YOU love to look at pretty dishes, linen, and silver? I do! Just to see a quaint Royal Doulton tea pot gives me a thrill and why shouldn't it? It is instinctive for a woman to enjoy pretty table appointments. And it is often true that a woman expresses her personality more exactly in the selection of her linen, silver, and dishes than in any other of her house furnishings.

Right at first, let me say that a girl should not wait until she is to be married before she begins to collect these things. The business woman of today soon finds out that she has a real need for a tea pot, some cups, plates and a few other pieces of equipment that will change a mere "rented room" into "her own room." I can't imagine being happy any place where I can't have a few of my friends in for a cup of tea or a batch of fudge. I can stand heavy china, cotton napkins and unpolished silver for the three meals a day, if now and then I can get out my Wedgewood plates and Maderia napkins for a Sunday night lunch—if the lunch is only crackers and cheese.

The joy of possessing lovely linens, dishes and silver is increased if these treasures are acquired little by little. At Valentine's day a kind friend gives me an English block print luncheon cloth and I am delighted with it and have loads of fun showing it to my other friends. I save up my pennies—or should I say quarters, for a Lenox plate of the rich autumn pattern and I am proud as a peacock to own it. So it goes, month by month, little by little, thru one's own savings in pet extravagances, thru the kindness of friends and family on gift days the collection grows. I am astonished to see how many lovely things are mine. Never could I afford to buy at one time such treasures.

And think of the sentiment attached to such a collection! Alice gave me my Mt. Vernon butter spreaders one by one a way back in high school days. It was just as easy as to give me a box of stationery or a vanity case, and think of the real difference it has made. Of course, it meant that I had to select a pattern of silver that I really liked and then I announced to my family and friends "When in doubt—give me Mt. Vernon silver." Thus the silver pieces grew. One friend started bouillon spoons; another one salad forks. I bought my knives and forks slowly from the contents of my penny bank. I thrilled over every new piece like a little girl with a doll. Each piece made me more sure that my pattern was the very best one for me.

There is a word of caution, tho, to the girl who starts to collect silver. Of china, linen, and silver, I believe silver is the safest to start early. It really changes in style less than the other two. But most silver patterns are not run for over 25 years and many patterns have a much shorter sale. Therefore it is well to find out how long the pattern has been out and inquire if there is a guarantee as to the continuance of its output. For this reason, it seems unwise to start giving spoons to a baby. It is far better to put the money into a savings

account until she is old enough to choose a pattern that suits her and one that may be completed with other pieces.

In buying silver, decide between sterling or plated ware, according to the purse. We all want sterling, but the price is often prohibitive. If buying plate, be sure it is of no less than triple plate or it will not give long service. It is also advisable to see a whole chest of silver because even tho one likes the design, the shape of certain pieces may be ugly, or some pieces may not be comfortable to use.

So my advice to the high school girl is, pick out a pattern of silver that you like best of all and then, let your choice be known.

Dishes come next in importance to silver. The only trouble with dishes is that they are hard to pack. For this reason, the business woman is usually hesitant about getting too many. But it is such a temptation when the stores are full of gay patterned china and semi-porcelain. Selecting china is such fun because now days we don't need a whole set of dishes all alike. Each course of a dinner may be served on different kind of dishes if one wishes.

Semi-porcelain is not expensive and we find lovely designs in Wedgewood and Royal Doulton dishes. This stony ware crackles with hard use so that it is not suitable for continuous service but it is splendid for teas, breakfasts and luncheon.

The first piece of china I bought was an Old Leeds Spray Royal Doulton tea pot. I thought it was the quaintest thing and just had to have it. That was eight years ago. The little tea pot has traveled with me in my trunk on many movings and journeys and today it remains the same charming little pot. Of course, my Old Leeds Spray family grew gradually, first to a card table service, and now it has blossomed into a full sized breakfast set, thanks to my friends! These same friends love my Old Leeds Spray too, because they, the Old Leeds, and I have had many good times together.

You see, I don't believe in packing one's treasures away in a hope box wait-

ing for prince charming. Too often the prince is so slow in coming and at times he gets lost entirely! I for one, am going to live every day with my pet possessions. My silver will last a life time, and if I should break a cup, it is replaceable.

That thought leads to the question of selection of china. If one chooses a pattern from open stock, it is possible to keep the numbers complete. It would be quite a tragedy to break a cup of a special tea set and know one would never be able to replace it. Dishes like silver may be good or bad in shape as well as design. It is therefore wise to look at a number of pieces before starting out to accumulate a certain pattern.

As to makes of china, there is a marvelous selection of dishes now in our stores. We find excellent china made in United States by the Syracuse Company. There is a wide variety of patterns in this moderate priced china and it is so suitable for continuous use. For beautiful china, there is none made more lovely than the Lenox ware with its creamy background, its original designs, and its perfect flat or enameled colors. The Ming and the Autumn patterns of Lenox ware are very popular and though this is expensive, most any of us can start a salad or dessert service by buying one plate.

English ware offers many quaint old patterns in semi-porcelain but we also find the finest porcelains in Minton, Wedgewood, and Royal Doulton ware.

Today, Haviland is again coming into our stores, but it has strong competition for first honors. There are other French chinas made at Limoges that may just be the right ware for certain uses.

There are two other centers of pottery making that turn out beautiful china; they are Serb Bavaria and Japan. Both countries are putting out a high grade of china with a wide variation in price.

So to the girl who wants to make a little home of her room, I suggest that she begin with less expensive semi-porcelain or possibly china. It may be quite nerve wracking to pack a Lenox plate at \$3.50 per, but one can feel quite free

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Old Leeds Spray China, Mt. Vernon Silver, and Italian drawnwork continue to express the individuality of the owner.

The Story of Three Women

Club Work As An Internationalizing Agent

By LETA GRACE BORLAND



Madeline Aydat.

HARK! all you of little faith in club-work. Heed all you who hint of wasted time. I am going to tell you a story—a real, true story about three women I know; two of them from Iowa and one of them from France. And, in order that you may know how it all came about, I think I shall

have to mention another wonderful woman, Miss Anne Morgan, whose work is making possible the greater activity of these three leaders.

Perhaps you are living on a mid-west farm and have seen a neighbor give up his land because the prices of farm products have gone down so far that he couldn't even pay the interest on his mortgages.

We all agree that this makes a serious situation for him in which we should all be concerned. There is little use however in wasting breath talking about the middle man making all the profit for the fact is there isn't much profit for any one. How can there be when every magazine we pick up tells of starving millions,—whole nations who have almost forgotten what a pork chop looks like. How can we get big prices for our corn and pork when half the world cannot buy corn and pork.

Several organizations in this country have been founded upon this very basis, namely, that since our problems are so involved in the problems of other countries, the sooner some of the worst of theirs is cleared up, the sooner some of the worst of ours can be cleared up.

At Iowa State College, in Ames, this winter we have had the opportunity to become rather authentically acquainted with the work of an active member of one of the largest of these organizations. Miss Anne Morgan, daughter of the late J. Pierpont Morgan, is vice-president of the American Committee for Devastated France. We have never seen her but we have come into direct contact with her work and handled some phases of it here this winter. She it was who traveled up and down the war torn districts and studied at first hand what resources were left and how best to go about helping a country to revive industrially. She it was who thot of the possibilities of club work as an agency thru which to pass sorely needed information and as a civic center around which to build constructively. She it was who started the ball to rolling.

France today has no club work but she

will have, for this is a story which largely concerns a certain invincible little brown-eyed woman who has come to get it. She is Madeline Aydat of Puy de Dome, France, whose home is Chagourdat par St. Genis, Champanelle, meaning a farm near the town of St. Genis in the district of Puy de Dome.

Mademoiselle Aydat is a quaintly charming, little person, impressing one immediately with her driving and untiring energy. Her wonderful, dark eyes sparkle with enthusiasm and shine, as with an inner vision, she sees a future France happy and prosperous once again. But when you talk to her you discover she is not only visualizing a happier day for France, but she is an exponent of the new internationalism and is dreaming dreams of a whole world made happier by learning to work together.

She seems in her eager little way to be the very embodiment of the spirit of international club work. With her expressive French accent and many gestures she says, "I believe club work to mean, 'I know something and I want you to know it. Now that we both know it let us go and tell others that they also may know it, and so on and on and on.' It is the spirit of service. It is as altruistic as the Red Cross. It reaches out and spreads and scatters helpful knowledge everywhere. It is a wonderful thing but we do not have it and I have come from France to Ames to learn how it is you carry on the work. I wish to spend part of my time learning how you go about organizing and extending your information into hundreds of communities and getting people interested. The other part I shall spend in learning to do the very things you do for the people once they are organized. I must hurry for we are in great need of much of the information I am getting. This club work will take the place of our traveling schools to a large extent and open up again an avenue of learning for the rural classes. Now that we most need to know how to save and how to make the most out of our resources we find ourselves almost entirely without instruction in our rural communities wherein lies the hope of our future prosperity. My people must know how to economize in the right way in stead of suffering while they save. They need to know more about caring for milk and cream and butter that it may be salable in other places.

"And, oh, we do not know how to can in the sterilized jar which you people scald and fill with hot fruit or sometimes fill with the clean fruit or vegetable and boil a long time. It is so simple now that I know it, but how much France has wasted by not knowing how to can and sell her surplus products. This shall be one of the very first things we shall demonstrate in our club work. And then, we need to know how to feed our dairy cattle in order to get more pounds of cream in a year. I must find out all about this for our dairy work is done almost entire-

ly by the women. And, oh, I wish to know such a number of things but first of all how you go about organizing your centers, classifying your information, and demonstrating it to each community by way of a club."

So it has been that all winter long, in all kinds of weather, early and late, plucky little Madeline has tramped about the dairy barns at feeding time and among the chicken pens in her substantial, flat-heeled shoes and simple peasant dress. She is working for the rebuilding of rural France and she is proud to wear their costume. Some days she would cook and can industriously under a special instructor. On other days she would take long trips with the state club leader, Miss Arnquist, and study her capable way of stimulating interest in a distant community preparatory to organizing a new Farm Girl's club.

Marveling one day at the untiring devotion of Madeline to her work even in worst of weather, I said, "Madeline, you must have been born and brought up on a farm and loved the country since first you opened your eyes, so interested are you." She gave an amused laugh and with a roughish twinkle in her eye replied, "Now, I shall tell you all about myself if you will just sit down a little. Do you know, I wasn't born on a farm at all. I was born and raised in the city of Paris, I went to school there and graduated from the Normal college. I lived there until I was twenty years old. Then I went to teaching and, after working for a while in the regular schools, I decided I would like to teach in a traveling school and see other parts of France. I suppose

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Katherine Bolibaugh and Beulah Rogers of Eddyville, Iowa, who sail for France this May.

Judge Allen Interviewed— “Can a Homemaker Be a Citizen?”

OF COURSE a homemaker can be a citizen,” said Florence Allen, judge of the Ohio Supreme court, the only woman in the United States to hold such a position.

At the invitation of Mrs. R. A. Pearson, we drew our chairs closer to Judge Allen as we sat in the living room at the “Knoll” before a blazing log fire. Years ago Mrs. Pearson and Miss Allen were roommates at Western Reserve College and largely thru the influence of this friendship were Iowa State people privileged to hear Judge Allen at an all college convocation.

“A woman,” said Miss Allen, “should make the same use of leisure time as a man. Men earn a living, to be sure, yet all their time is not spent in this manner. They do not give up citizenship for business and neither should a woman give up citizenship for homemaking. Conversely, we do not think of a man giving up earning his living to take the responsibilities of citizenship so why should we think that a woman must give up her work as homemaker to perform her duties as a citizen.”

“In her own home,” continued Judge Allen, “a woman can exert a tremendous influence for right administration of government. She can inform herself, she can vote, telephone, and write letters. She can make a special effort to get out and meet people whom a man would normally meet in his business relationships.”

“A woman owes a special duty to her children to be informed about public affairs. Every mother wants the respect of her children and to gain this she must keep up. No child should be brot up in a community with improper administration of government.”

“A man also has a home duty to his children and if he meets this responsibility the mother will have more leisure time. Then too it means more to the children to have a father as well as a mother. I was fortunate enough to have a father,” and Miss Allen’s eyes twinkled.

“For the first few years of marriage a homemaker is unusually busy, but after the children are well established in school she finds herself with more leisure time and it is then that she can take

on more civic duties. If women take on these duties they will keep younger and find life more interesting. There are too many dried up old ladies with nothing to do. Women stifle themselves by living entirely in houses.”

Judge Allen, in her plain black dress, her hair, simply dressed but soft and becoming, continued, “Now I like nice things but all embroidered underwear is a waste of time and no one ever sees it. Instead of spending all one’s leisure in embroidery and sewing, one should read and keep informed.”

In conclusion Miss Allen said, “There are no rules as to how much outside work a homemaker should take over—that depends on the individual woman. If she has taken the responsibility of raising children and sees that her outside work is interfering, the outside work should be dropped. Her children must come first, but a homemaker should have some extra time.”

As we rose to go, Judge Allen smiled and added, “Don’t let anyone think that I’m down on marriage, for I am not. I’m for it, only I think it should be somewhat adjusted.”

A Summer Living Room

By MILDRED BOYT

IN spring a young man’s fancy lightly turns to thoughts of love.” So sing the poets—therefore it must be true. However, the thoughts of Dad and Mother and the rest of the family turn to lovely gardens and cool porches, and so, unconsciously, they prepare the stage for sister and someone else’s brother.

How lovely a porch may be made! But alas, how seldom people utilize their porches for an extra summer living room. One may walk blocks and blocks and pass bare porches and verandas used only for a passage way to the door, or else covered with ugly old furniture that mother won’t have in the house. But with a bit of energy on the part of some one, these same porches could become places where the young people of the neighborhood would collect on warm evenings, and where merry laughter would be heard accompanied by the tinkle of ice in lemonade glasses.

“But how?” you ask. “Porch furniture is so expensive we simply cannot afford it.” If you can afford nothing new, go up to your attic and look around. Here you will doubtless discover cast off furniture that has been collecting for years. Choose the plainest chairs and a table or so, take off any curlicues and decoration that may be removed, then invest in a can or two of flat white paint and some enamel. The furniture should be scrubbed well with strong soap and a brush, then the old finish sand papered off. Apply two or three coats of flat white paint, allowing each coat to dry thoroughly before adding the next. Final-

ly add a coat of colored enamel. It is best to paint the furniture in rather dark colors as it requires much less time and effort to care for it. A blue grey makes lovely porch furniture, especially when stenciled in some brighter harmonizing colors.

After the finishing coat has been added and has dried the furniture may be decorated by adding stenciled designs, or bright colored lines or by simply adding bright cretonne or chintz cushions and head pieces. One lovely piece of furniture I saw was made from an old wash stand. It had been painted a soft neutral color and then brightly colored squares of chintz had been pasted over the panels in the doors and pieces of molding tacked around them. This piece of furniture was used on a porch to hold sewing and magazines. Furniture enameled black takes such decorations beautifully, though most people prefer color.

Of course for an outside porch one must take the color of the house into consideration and paint the furniture in a harmonizing neutral shade.

The porch must have one or more rugs of some kind. Matting is about the cheapest as well as the best covering for the floor. It also comes in cool summery shades and adds greatly to the attractiveness of the porch. However, at times one may have a rug that goes well with the furniture and that is not too good for a porch. Then, to, what can make a more appropriate floor covering than rag rugs? Where is the family that

doesn’t have rags? These rags may be cut in narrow strips and crocheted into a run in a surprisingly short time. The best thing about the finished rugs is that they cost nothing. Can you imagine a more restful place on a warm afternoon than a shady porch containing pieces of furniture painted a grey blue, decorated in a brighter blue, and on the floor several grey and blue hit and miss rag mats? Now imagine a grey pottery jug filled with bright flowers on a table and green vines climbing up one end of the porch and the picture is complete. Don’t you think the young people would choose such a place in preference to the movies on a hot summer evening?

A family occupying a house with unroofed verandas or no porches at all need not despair but may have as attractive an outdoor room as any one.

On an uncovered veranda most furniture will not do for it is sure to be forgotten and left out in the rain some night and ruined.

For such a place the most desirable furniture is rustic or made of wood with the bark still on. Rain and weather does not hurt it and the family need not be awakened by rain in the night to remember that the porch furniture has been left out.

Families with no porches at all should make one in the garden. With a tree for a roof and the thick green turf for a rug, may be made the loveliest porch of all. Here a green and white bed-hammock, hanging from a standard roofed

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Canning Early Fruits and Vegetables

By HELEN G. LAMB

SPRING, glorious spring, is here again. The birds are making the blossom-scented air vibrate with their happy songs and the earth is luxuriously verdant. This is the time, too, for big, luscious berries, shiny new stalks of rhubarb and crisp, green vegetables. It just makes one's mouth water to even think of them, and the enterprising housewife is busy counting the empty cans in her fruit and vegetable closet, for she knows these spring products do not last long, and if her family is to enjoy spring goodies all the year round she must can them as soon as they are ready.

A great deal of time can be saved if the jars in the cellar are brought to the kitchen and prepared for use. They should be washed in hot soap suds, examined carefully for cracks or flaws and the covers tested. Many a can of food is spoiled because of carelessness in testing the covers. The ordinary mason or screw-top jar should be partly filled with water, the rubber and cover adjusted, and the whole turned upside down. If there are any leaks they should be remedied by smoothing down the edges of the cover, or the top should be discarded and another one tested out. The cost of a new top is insignificant compared with the value of the food that will spoil if a defective top is used.

Glass-top jars are tested without water or rubber. If the top closes with a good click the jar will seal tightly.

All rubbers should be stretched to make sure they are pliable and elastic rather than brittle, and any that do not spring back to original size thrown away.

Choosing fruit jars of a size that will fit your needs is an important item. Many housewives every year waste much food by filling jars which happen to be convenient at the time rather than planning the size required for the needs of their own family. It is very seldom that fruit or vegetables carried over for a second or third meal are eaten. Quart or pint, or even two-quart jars are good for fruits which are to be used for pies, but the size should be determined by the number in the family. Pint or half-pint jars are a convenient size for berries or preserves. Conserves should be canned in small jars or glasses as they are very rich and a little goes a long way.

Anyone who is not familiar with the principles of cold pack canning should carefully follow directions outlined in any of the good bulletins published on that subject. Such bulletins may be secured from the Extension Division of Iowa State College.

Strawberries canned by open-kettle



"Your family will appreciate your efforts to preserve the good things that spring brings, for all the year round."

method lose their red color and become mushy and very unattractive. For this reason the cold-pack method is much more satisfactory. The berries need not be blanched or cold dipped before packing in the jars. By packing tightly a quart of berries may be packed in a pint jar. Add a heavy syrup and sterilize the jars in a water bath in which the water is not quite boiling—just simmering hard for thirty-five minutes. The shape, color and flavor are very much better than if the berries are sterilized in boiling water. This method may be used for any kind of berries.

Straight canned strawberries, however, are not favored by many because of their somewhat dead flavor, but a few such cans will come in wonderfully handy next fall and winter for delicious gelatin dishes, sponges, whips, puddings, ices and other frozen dishes.

The sun-cooked method has also proven satisfactory, not only for strawberries, but for cherries, raspberries and currants as well. The fruit is laid on a flat

surface and covered with a very thick syrup. Allow to stand under glass cover in the sun for three or four days, depending upon the heat of the sun, bringing it indoors each night. Unless a very thick syrup is used the fruit will become mushy and difficult to handle. When the fruit is plumped and the syrup thickened almost to a jelly, can with an equal amount of sugar and you will have a product fit for a queen's taste.

Many palatable conserves can be prepared during the berry season that will satisfy the most particular tastes. One especial favorite is strawberry-pineapple conserve in the proportion of one pineapple and three oranges to one quart of strawberries. Use equal parts of sugar and pulp.

Another mixture that is especially fine in the way of a conserve is a combina-

tion of fresh ripe gooseberries and strawberries. As the gooseberries ripen so much later than the strawberries the cans of strawberries must be opened and combined with the gooseberries when they are ripe. The gooseberries give a red color and a tart flavor to the strawberries and the result will delight the most fastidious tastes.

Rhubarb has its place in the spring canning schedule, too, and may be used in the preparation of various appetizing dainties that everyone likes. It may be canned successfully by several methods, but in no one of them does it keep its shape and appearance particularly well. However, the rich, tart flavor is so refreshing that we do not mind the appearance. Rhubarb and pineapple in equal parts canned together make a good combination both for flavor and appearance. A combination of strawberries and rhubarb in the proportion of one quart of strawberries to one pint of rhubarb makes a desirable conserve, or a marmalade may be prepared from two quarts

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TIME TABLE

Products	Scald or Blanch Minutes	Hot Water bath at boiling temperature minutes	Pounds Pressure	Minutes with Pressure
Strawberries -----	No	8 to 16	3	8
Raspberries -----	No	16	3	8
Gooseberries -----	No	16	3	8
Currants -----	No	16	3	8
Cherries -----	No	16	3	8
Blackberries -----	No	16	3	8
Rhubarb -----	No	10 to 16	3	8
Beets -----	6	90	10	15
Carrots -----	6	90	10	15
Dandelions -----	10 to 15	90	10	40
Greens, all other kinds	10 to 15	120	10	40

Hazards of Bird Life

By J. E. GUTHRIE, Professor of Zoology

THERE is nothing in nature that expresses more the pure embodiment of joy—absolute freedom from care and grief—unalloyed brimming-over happiness—than the song of a bird. It may be the tipsy, bubbling song of the wren stopping for a melodious moment in his mad scramble for bugs among the vines on your back porch; it may be the full-throated whistle of the gorgeous cardinal signalling for a mate to share the claim he has staked out among the maples of "The Knoll;" or perhaps it chances to be the sweet gurgle of the eaves-martin from his mud jug of a nest plastered high up under the eaves of the barn.

And they are happy. In the gray lives of their ancestral reptiles were never such exquisite emotions as these. The dare-devil, sweeping flight of a swallow or swift, or the lilting gallop of a goldfinch seems the very personification of a rollicking, estatic freedom.

Is it true, then, that the bird is really so care-free? Has good Mother Nature kindly denied it that imagination that leads us *superior* animals to borrow trouble and to spend many a good hour of time in anxiety over that which may never happen at all?

It is probably true that the bird lacks that troublesome bent for forecasting disaster which so distinguishes the human race. If so, let us tender our congratulations.

And in this Nature is truly kind to her feathered children. Why should they fret just because some prowling cat *may* happen along before the wings of those little ones are strong enough and broad enough to be air-worthy? Tempestuous storms may come, and there are likely to be snakes and hawks and inconsiderate small boys—but why worry? A mother's anxiety won't save the nestling. And so old Geoffrey Chaucer gleefully remarks:

"Herkeneth thise blissful briddes how they singe,
And see the fresshe floures how they springe.
Ful is myn hert of revel and solas."

But are there not perils, even tho the songsters do not know of them or grieve over them. Surely there are. Didn't the pair of robins that you watched last summer raise at least six or eight grotesque little squallers in the two broods? And your wren box was probably a home three times successively last season, mine surely was, and more than a dozen pink little mouths made their eloquent appeal for more calories to those hard-working parent birds who gathered the wriggling caterpillars from your garden.

Did the same thing happen all over the country? Why, of course it did! Then why weren't there five pairs of robins in 1921 for every pair you saw in 1920? And why didn't last year bring twenty-five pairs; and why won't a hundred and twenty-five mud-stuccoed nests adorn the trees this year for that single pair that came joyously up from the Gulf States in March of 1920?

We don't expect the hundred and twenty-five pairs. We wouldn't know

The popularity of bird study at I. S. C. has increased yearly. Seven years ago, when Zoo. 60 was first offered, only four or five students enrolled in the course. This spring the class includes 40 members, and two instructors are necessary to take care of these many bird enthusiasts.

what to do with them if they should arrive. Instead, there will probably be only one pair or possibly two pairs from that ancestral pair of robins of two summers past.

In the wise economy of nature there is a provision for wastage. Not so large a provision in bluebirds which lay eight or nine eggs a year as in a lobster that lays several thousand or an oyster which may produce as many as twenty million or more eggs in a season, but still enough so that when most of the bluebirds are killed off by an unusually severe winter in the south, as was the case in the year 1895, the few remaining pairs were able to build up the bluebird population in a few years to about the usual numbers.

What then are the bird-limiting factors by which the bird numbers are kept pruned down to about the same level thru the years? In the first place, we must take account of the fact that the grim reaper begins to take pot-shots at the bird almost from the very first. Not infrequently we see single eggs of various species of birds laid on the ground, just anywhere, without reference to any nest. Of course such eggs are simply abandoned. The reason for their premature appearance was probably some delay in nest-building, perhaps a nest partially built was destroyed by wind or other agency, and the urge of parenthood compelled the laying of the egg, even tho it must be lost. But, supposing the eggs to have been all properly laid in the carefully prepared nest, the relentless order of competition which is the rule in nature reduces the numbers, often taking the entire clutch. Sometimes it is a storm that sweeps the nest from its moorings, sometimes a marauding crow or blue jay or blackbird sucks the eggs, sometimes a squirrel takes toll of such nutritious bits of food. If the parent birds escape, they may build elsewhere and raise a belated brood.

All the dangers that imperil the eggs lie in wait for the young helpless birdlings as well. A pilot blacksnake now in the museum at the State Historical Building at Des Moines was taken about seventy feet up in a tree where it was investigating a nest of flickers. Last summer at the Lake Laboratory at Okoboji a garter snake was seen to climb a snow-berry bush and take a baby yellow warbler from the nest and eat it.

I once scared a blue jay into dropping a robin only a few days old, which it had just stolen from a nest near the college horse barn. It seems to be a rather noteworthy fact that the small boy isn't the enemy to birds that he used to be a gen-

eration ago. I attribute this change of attitude to the fact that there has been a pretty successful attempt at education along the line of bird-lore both by the Wilson and Audubon societies and also by the Boy Scouts of America. Other agencies have assisted. The recent formation of the Iowa Ornithological Union promises to be an added help.

When the birdlings are in the nest a new danger menaces some of them. That cheerful, irresponsible little rascal, the cowbird, unblushing robber and murderer from very babyhood, grafter, shirker of home responsibilities, is the cause of endless grief, anxiety and unrequited labor on the part of nearly every species of our smaller birds. The cowbird lays her egg, sometimes even two or three, in the nest of some bird which is thus impolitely invited to become the foster-parent of the young cowbirds which will soon hatch. Often the young foundling is much larger than its foster-brothers and sisters. Young cowbirds are said to have a pernicious habit of hoisting these little unfortunates over the edge of the nest to die, while they enjoy the efforts of the hapless parents at providing food for themselves alone. It is a most pathetic sight to see a pair of little chipping sparrows working themselves almost to distraction to provide food for a great lubberly youngster that has ruthlessly and deliberately murdered the little chippies, rightful owners of the home.

And next comes what must be the great event of the life of a bird, the launching forth upon its own wings. New perils now beset it. The domestic cat, arch-enemy of our song-birds, prowls about thru the night in search of the relatively helpless birds, their wings not yet strong enough to save them from those cruel jaws.

To a lover of birds there are few things quite so irritating as the sight of the dirty, useless, disease-carrying domestic cat in its fierce rush on one of these useful little feathered creatures. Many a nest have the cats emptied of eggs or birdlings, often killing the mother as well, in the trees of our yards. Surely a neighbor's cat that comes into your garden in bird-time should be legitimate prey for your rifle.

Many a nestful of fledgelings have starved to a miserable death because the cat or the great horned owl or the sharp-shinned or Cooper's hawk has killed and eaten their natural protector and food-provider. But after all, these are the natural hazards, most of them, which nature calls upon all her wild creatures to face. It is inevitable that lives should be lost even in such innocent babyhood.

Besides these natural enemies: mammals, birds of prey and reptiles, there is the gun of the hunter to be guarded against. Even songbirds, in the neighborhood of cities, often fall before the shotgun in the hands of the Italian or other foreigner who does not appreciate the value as anything more than a morsel of meat for the pot.

Perhaps the great test of strength for the bird is in long journeys that most

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Nile Styles

By HARRIETT SCHLEITER

NEVER before in history did haughty Dame Fashion bow down so humbly and completely to one man as she does today to King Tut. Perhaps tomorrow the fickle lady of fashion will model herself to please the eyes of an Indian chief or a Chinese mandarin, but now King Tut holds full sway over her heart and influences her every slightest whim.

From the style of her hair dress to the shoes on her dainty feet My Lady of today is entirely and wholly Egyptian. Her curly hair has become straight, and on it she places a hat, with the serpent of power coiled about it; or a large buckle of red, blue, green, and yellow gems mixed with rhinestones, and fashioned in the shape of a lotus blossom or a sphinx. On her slippers may sparkle buckles to match the one on her hat. Or perhaps her feet are shod in King Tut sandals, a lovely version of the original sandals.

As to her jewelry—her earrings grow longer and dangle to her shoulders. Around her neck she wears one of the innumerable types of Egyptian ornaments. On her arms are little transparent "slave bracelets" made of colored glass. Paris has designed a new novelty which is an exact reproduction of documents in red galalith, featuring a broken ring with the pin crossing the circle. It is used to hold draperies at the waist line or in the form of a bracelet. Surely one would expect to see My Lady strolling on the banks of the Nile, rather than along Fifth Avenue or Main Street.



And every day countless miles of materials covered with strange little Egyptian motifs are turned out of the textile factories. One of the favorite types is a beige or navy ground coloring with

embroidery of very intense and varied colors, worked out in typical Egyptian motifs, with human figures and medalion effects. These materials are whisked into gowns and blouses by the flying fingers of designers and dress makers.

Even the veils and gloves and parasols, if they are of the newest, follow in line. And the earth seems to have fairly blossomed out with Egyptian handkerchiefs, worn, for some twisted reason, tied about the neck or wrist, in a most interesting way.

I saw recently an advertisement of a kind of corset and brassier which gave one the straight line silhouette of those ancient maidens of Egypt. So even the extreme faddist will possibly change her form.

The fashion has even cropped out in interior decoration. Draperies with Egyptian designs are shown in furniture magazine advertisements as well as in the shops. Wall papers are now being manufactured with a frieze-like border on which one sees a continuous line of figures which tell a story as those found on the old temples. But it is lack of discrimination that will substitute these designs for the more restful and suitable backgrounds of plain or near-tone wall paper that good taste demands.

Of course the fad cannot last for long at this high pitch. But it is prophesied by Mrs. Olive Quitman, a leading style critic, that the coming modes will have a suggestion of the Egyptian rather than the actuality.

Shall Mother Have a Vacation?

By EDA LORD MURPHY

WE have all told Mother that it is high time for her to have a real vacation. She admits she's never had one; at least not the kind we mean. Of course when we were youngsters she used to take from one to four of us and visit Grandmother.

But I wonder now how anyone had the temerity to call that trip a vacation. It usually occurred just after "the fourth." She waited to see how many of us had casualties and if no one was incapacitated by lock jaw or total blindness, we started.

First, of course, we had to be "sewed up." Best and second best dresses, aprons galore, new hair ribbons, hose all darned and each girl provided with a floppy hat with flowers. (They are in style again, I see by today's paper.) Then there was the packing! Each of us staggered under the weight of a small suit case and Mother, poor dear, was almost obliterated by the hand luggage. Of course we had to take food! It wouldn't have seemed right to travel without provisions. Anything could happen in the 60 miles that lie between our

home and grandmother's. Didn't we take a train once, that was two days late? A wash out on the line is no joke when your traveling companions are children of assorted ages, assorted sizes, and assorted dispositions. I think an occasional convulsion was taken for granted too. Grandmother never has admitted that fried chicken or bananas might have been the cause. She always thought it

MOTHER

I have praised many loved ones in my song,

And yet I stand
Before her shrine, to whom all things belong,
With empty hand.

Perhaps the ripening future holds a time
For things unsaid;
Not now; men do not celebrate in rhyme
Their daily bread.

—Theresa Helburn.

was the excitement of coming to see her! If the train was on time, and if the horses weren't being borrowed by the neighbors, and if the hired man hadn't left the day before and if the mud wasn't too deep (you know it always rains on the Fourth!) and if everything else was propitious, we usually arrived in time for supper.

We children had a glorious time, but poor Mother! She felt she ought to help with the work; the kitchen was more inconvenient than ours at home, the pump was nearer the barn than the house, the windmill squeaked and everything animate and inanimate, conspired to make Mother miserable. She simply couldn't help worrying about the boys, they were left at home and Father was far too busy to look after them much. She was so afraid they'd play with matches or light the fire with gasoline or do any one of a thousand dangerous things. It's no wonder that when Mother told us fairy stories, she described a calm and quiet mountain or an imaginary ocean voyage or the splendor of a big hotel.

So now we've decided that she must

go on a real vacation. You ought to hear her arguments against it. First and last we need her (which of course is true); then, she hasn't any clothes (we'll see to that); then she won't know what to do with such long days (she'll keep busy if it's only writing to us); and so on and so on. But we've made up our minds!

We haven't quite decided where she'd better go. We don't want her to visit and be bored by relatives. Nothing could be more exhausting. The mountains are rather far away and she'd hate those hair pin curves. She might go East and take her choice of mountains or ocean. Well, it will have to be decided in a few days, because if she goes north she'll need a wool dress and if it's south—Oh dear! It is a big undertaking to get your mother ready to go away.

This is the trousseau. Here is her "going away dress" and look at this lovely negligee and slippers. We girls have had more fun getting everything ready. She even has a new wardrobe trunk. She says it is far more exciting than

her wedding journey. Father thinks he can't leave just now, but I'll wager he'll follow her if she stays a way a week. If we gave Mother half a chance she'd wait for him, but then they'd never get started.

Yes, we got her off, and she looked so young and gay. One of the boys gave her a corsage of violets which looked too sweet on her dark blue suit. Jack sent a box of candy and Ned, a rare assortment of magazines. So she left in style. We hope she'll stay at least two months and have a good rest.

My dear! these two months seem like two years. We can hardly wait for Mother to write that she's coming home. I never dreamed we could miss her so. I never dreamed that three of us could get so tired doing the things she had always done. By two o'clock I'm a wreck. And nothing tastes very good though I must say I've attained a good deal at the expense of the family. Father endured it bravely for two weeks and then he followed Mother. They are out at Long

Beach now and show no signs of returning. They've found Iowa friends at every turn and are having the time of their lives in a big hotel. We haven't the heart to tell them how forlorn we are. The house seems empty, no matter how many people are here. We don't seem to have any leisure either. We three daughters think we are so efficient but we don't hold a candle to our little Mother. You know Louise teaches mathematics and the other day she figured the number of meals mother had either cooked or superintended for us in twenty years. It was approximately 130,000. We didn't dare count the stockings she has darned nor the times she has house cleaned, nor the times she has told us to say "Thank you." The Mathematics of Motherhood are marvelous. So she is justified in staying away as long as she pleases. I certainly do believe in a vacation for one's Mother provided it is followed immediately by one of similar length for the oldest daughter.

The Fallacy of An Expensive Standard of Living

By CLAUDE L. BENNER, Dept. of Economic Science

OUR social reformers and professional uplifters have been so constantly talking about the necessity for the masses to maintain a high standard of living that some very detrimental economic fallacies are becoming very popular and quite wide spread among certain classes of our people. It is a noteworthy fact that in many circles the free and careless spender is commended instead of the cautious buyer. The frugal saver, who in his endeavors to build up a little capital, abstains from some of the current foolish expenditures is too often pointed out as the undesirable citizen while his spendthrift neighbor is selected as a model, progressive, up-to-date man.

It is no infrequent thing at all to hear a well paid laborer say that he is unable to save any money, because he has to spend it all to maintain his new high standard of living. And he may continue to tell you that it is all wrong to save anyway, because when money is spent freely there is always good times, and when money is hoarded and saved, there is always hard times. This doctrine was actually put in print a short time ago in a short book entitled "The Fallacy of Saving." It contains all the time-worn arguments and fallacies that economists have been fighting with such apparently poor success for the last one hundred years.

The writer asserted that laborers should maintain just as luxurious a standard of living as they possibly could, because wages were set by the standard of living and if the standard of living was high, then their remuneration would also be high. Free and luxurious expenditure was defended on the ground that it made a demand for goods, gave employment to labor, and helped the poor. The cause for the farmers' ills consisted in the fact that he had allowed his standard of living to fall too low, that he had deprived himself of too many of the so-

called good things of life.

The danger in this form of argument, as in so much specious reasoning, lies in the fact that it contains an element of truth. It is true that wages depend upon the standard of living of the labor but not in the way that our social reformers would have us believe. The standard of living can affect wages only in so far as it tends to restrict the birth rate and thereby limit the total number of laborers in the field.

The same reasoning applies to the case of the farmer. There is no doubt but that if all the farmers worked from daylight till dark, made slaves out of their wives, and denied an education to their children, they would in the end only lower their own standard of living. But this would result only in the case that the farmers thereby increase the total quantity of their products which they put on the market. Then in an exchange society, such as we live in, they might be unable to get in return for their increased product as many manufactured goods as they formerly secured for a smaller amount. And this is the only way that the standard of living can affect the price of farm products.

Upon close analysis it seems that when social reformers are talking about a high standard of living they are usually referring to an expensive standard. In too many cases altogether, it comes down to the plain and simple fact that a so-called high standard of living consists of wearing clothes that are expensive but not durable nor comfortable, eating food that is rich but not digestible, and in living in houses that are too large to be adequately taken care of by the housewife without making a slave of herself. And the pity of it is, that the defense for this whole propaganda is founded upon economic principles that have absolutely no foundation in fact.

What the economist is insisting is

that the world must strive for an efficient standard of living. He sees the human body as a storage battery. Each day it begins with a certain fund of energy. During the day it may direct this energy into channels whereby goods may be produced that will build up his body and brain, or he may fritter away his energy making goods that when consumed will dissipate his energy. Altogether too large a portion of the world's resources goes to the production of goods of this nature.

What society needs more than anything else is rational consumption. It needs to comprehend thoroughly a few economic truths regarding spending. It must bear in mind always that saving is a virtue. That unnecessary expenditure is a total loss to society. That the buying of expensive trinkets is not good for business. That the wearing of flimsy silk shirts has never yet, and never will, raise the wages of the laboring man, and that a community of lavish spenders and consumers will dissipate society's wealth and leave the next generation in poverty.

Another very detrimental effect of this cry for a high standard of living lies in the fact that for some reason or other it seems always to be accompanied by a desire to abstain from work. It is really astonishing upon reflection to see how much of the fashion of the world is due to the desire to avoid the appearance of having to work, or even to go so far as to advertise the fact that one does not have to work. This point does not need to be amplified at all. Every woman realizes it very keenly. It is said that the origin of the custom of binding the girls' feet in China was to give the world a visible sign of the fact that these ladies were not supposed to work. One can only wonder if some of the customs that were only later practiced in Christendom did not serve much the same purpose.

It is in this field of consumption that the woman trained in home economics, instead of merely domestic science, can render a very great service to our economic welfare. It is said that women make over 90 per cent of the total retail purchases in this country.

What adequate economic training have the majority of them had to perform this service?

How thoroughly do they understand the fundamental economic principles which are necessary to the social well being?

It is a matter deeply to be regretted, but none the less true, that there is an amazing lack of information on these subjects. Home economics colleges have made some very real progress in the

scientific study of food values. Vitamines A, B, and C have been caught and safely put away, and now they are chasing the elusive D, or it is E? But how thoroughly have they studied the proper manner of purchasing goods, the causes of price variations in food products, the results of our seasonal demands in fabrics and fashions, and the general effect of consumption upon the productive forces of the nation?

Here is where there is a real field for service. In the future, in spite of all our Leagues of Nations or World Courts, the real struggle for the possession of the earth will be between those nations who have an efficient standard of living and those who have an expensive, inefficient one. The contest, altho peaceful,

will be none the less inexorable in its outcome. Preparedness for this conflict does not consist in building up huge armies and navies, but in the study of the standards of living, and their adoption, which will increase the productive efficiency of the nation to the maximum, and reduce the cost of living to the lowest point which is consistent with maximum production, social well-being and true happiness.

In the end it is altogether possible that we may find that this efficient standard of living may not be an expensive one, and that it may be a high standard of living from the point of view of real satisfaction and achievement.

What Shall We Take?

By LUCILLE BARTA

\$300 CLOTHING BUDGET FOR COLLEGE GIRL

	First year.	Second year.	Original cost.
Suit (to be worn 2 years)-----	\$ 30.00	\$30.00=	\$60.00
Winter coat (to be worn 2 years)-----	30.00	30.00=	60.00
Sport coat (to be worn 2 years)-----	15.00	15.00=	30.00
Dresses (to be made at home)			
Afternoon -----	15.00		
Evening -----	18.00		
Two school dresses -----	30.00		
Cotton dress -----	8.00		
Sweaters -----	5.00		
Skirt (made at home)-----	5.00		
Blouses			
Two cotton -----	4.00		
One silk -----	5.00		
Hats			
One winter -----	10.00		
One spring -----	8.00		
One sport -----	4.00		
Gloves			
One dress kid -----	4.00		
One wool -----	3.00		
Shoes			
Dancing -----	10.00		
Dress -----	10.00		
Two school -----	16.00		
Undergarments (made at home)-----	25.00		
Hose -----	20.00		
Accessories -----	25.00		
Total -----	\$300.00		

LEAVING home for school is as thrilling as getting engaged, or taking an ocean voyage," declared Eileen enthusiastically as she, Veronica and Margaret, three high school graduates, sat in the arbor one hot July day planning what they should put into their trunks for school next fall.

"Yes, and we won't get lovesick or seasick there," chimed in Veronica.

"How about homesick," put in practical Margaret.

"Oh, we'll have each other," defended Veronica, "and," laughingly, "you'll always have liniment for the blues. You know it is good for all aches and pains."

"Never mind the liniment, let's talk about something more interesting," advised Eileen, "dresses are first on the list."

"Mother said that I can have a new evening dress," said Veronica.

"We'd better discuss something more practical than a party gown," cut in Margaret, "though we shall need one. I think at least two woolen dresses are necessary. Poiret twill and tricotone are most practical as they do not become shoddy very soon. One dress must be plain for school wear, the other a little more elaborate for afternoon occasions. Then we'll need a silk dress for informal dancing, nothing fancy but.....er—"

"Something chawmingly simple," interrupted Veronica, "and head the list with the evening dress; it sounds so grownup." This to Eileen who served as secretary.

"Many girls are wearing sweaters and skirts to school," said Eileen. "I have my sand slipover and my tuxedo sweater to wear with my plaited skirt and I must have some blouses to wear under my sweaters. Two are enough, don't you think—and my woolen middy?"

"I'm not planning to take my white middy even for gym work. Bernadine tells me that she had to buy a regulation outfit after she got there. Yes, and we wear regulation dresses when we cook. I wonder what they'll be like."

"I hope they're not grey! I'd feel as though I were in an orphan asylum," worried Veronica.

"One must have a good looking suit for traveling and shopping and I'm going to choose a plain one. Do you remember the 'chic' suit Bernadine bought, all buttons and braid? She was soon tired of the geegaws and wished she had a simpler one," enlightened Margaret. "I can wear my cotton blouses with it most of the time and have one good looking silk blouse for better wear."

"You're not getting a new coat this winter, are you Veronica?" queried Eileen. "You have that heavy mannish one I like so well. Bernadine says that the winds get very cold and penetrating so it will be just the thing for school wear."

"No, I'll not get another heavy coat, but I do need something a bit dressier such as a cape or light coat," answered Veronica.

"Next come hats, shoes, and gloves," itemized Eileen. "Just before we leave in September I'm going to get a winter hat in which to travel and attend church. But I'll not wear it to school until mid-winter and shortly after new year, spring hats will be in vogue."

"Of course, for church we will have long, black kid gloves, for winter wear, some woolen ones. Now, how about slippers?"

"Some dancing slippers," assisted the ever frivolous Veronica. "You can get some good looking satin ones in low heels which are more comfortable than high heels."

"We'll need some sturdy walking slippers for school. You know what we think of anyone wearing satin slippers on the street! Then some better looking

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Who's There and Where

By HELEN REIDY



AMES WOMEN AT DES MOINES BANQUET

Many of the Ames alumni attended the banquet at Younker's tea room which the Ames women held in Des Moines during the convention of the National League of Women Voters.

Helen Easter, who was May queen just last year holds the position of Matron of the girls employed in the Des Moines telephone office. She teaches sewing, helps to manage the cafeteria, and has charge of the girls' recreation.

Alta Cooper's mother sat at our table and told us that Alta (of the class of '19) was married at Christmas time to Mr. Willard Doerr, a banker in Mankato, Minnesota but that she is finishing out this year teaching home economics in the high school.

The Ames women journalists, Genevieve Callahan, Gwendolyn Watts and Elizabeth Canady who are all in Des Moines this year carried pencils just in case they might need them for the evening meeting held at Hoyt Sherman Place after the banquet.

Helen Greever Carpenter en route to a new home in southern California with her husband, George Carpenter and her small son and daughter, was visiting her mother in Des Moines. She came with Helen Easter to the banquet.

BLUNDELLS TEACHING IN VERMONT

Sue Blundell '22 is a teacher in the Home Economics Department in the University of Vermont at Burlington, Vermont. She has charge of elementary cookery and is Practice House Assistant. Alice Blundell '18 is also in the Department of Home Economics at the University of Vermont.

DOWELL-LUCAS

On February 16, occurred the marriage of Ethel Dowell and James A. Lucas. Mrs. Lucas was a member of the class of '22. They are at home at Bedford, Iowa, where Mr. Lucas is practicing law.

SHEAFE-BURNS

On April 11, occurred the marriage of Bertha Sheafe and Jay Burns at Ottumwa, the home of the bride. After May 1st Mr. and Mrs. Burns will be at home at Wales, Florida.

MEYER-REYNOLDS

On March 23, at Des Moines, Iowa, occurred the marriage of Ruth Meyer and William Reynolds. Ruth graduated from Iowa State College in '20 and Mr. Reynolds will graduate in the class of '23. Just now Ruth is assisting in the home economics department.

LOOKINGBILL-LOUCKS

On April 8, occurred the marriage of Marie Lookingbill and Lamont Loucks. Marie was a student at Iowa State for the past three years, and "Squeak," Iowa State's 125 pound wrestler, graduated this March. Mr. and Mrs. Loucks are living in Chicago, Illinois, where Mr. Loucks is employed with the Benjamin Electric Company.

NEWS FROM MT. SINAI HOSPITAL

Beulah Jones, who graduated at Christmas, is in the Mt. Sinai Hospital in New York City taking a six months student's dietitian course. She has been there since January and is enjoying her work immensely. Besides her work, Beulah enjoys New York's Chinatown, Little Italy, and the city's other wonders.

Ardis Pettigrew recently visited the campus, en route to her home in Flandreau, South Dakota. Ardis has just completed a six months student's dietitian course at Mount Sinai Hospital, New York City.

Fannie Woolston '22 has completed her student dietitian course at Mt. Sinai Hospital. She is now Head Dietitian in a private hospital in Philadelphia, Penn.

LOUISE WEISE RESIGNS POSITION

Louise Weise '22, because of illness was compelled to resign her position as Manager of Killian's Tea Room at Cedar Rapids, Iowa. Louise is now at her home in Omaha, Nebraska.

Harriet Smith '22 is teaching Home Economics in Sac City, Iowa.

"A Guide in Meal Planning" is the title of the bulletin just published by Carrie H. Plunkett '22.

A son, John Fritz, was born on February 28th to Mr. and Mrs. Herbert Erdman at Cleveland, Ohio. Mrs. Erdman was Esther Deutsch '21.

Frank M. was born to Mr. and Mrs. C. Morris Pollitt at Amelia, Ohio on March 31st. Mrs. Pollitt was formerly Pauline Pim of '23.

CAMPUS CHAT

Veishea has been postponed to May 17-18-19.

Iowa Collegiate Press Association met at Iowa State College April 13, 14, as guests of Sigma Delta Chi and Theta Sigma Phi.

Rose Storm, Marcella Dewell and Harriet Schleiter attended the Theta Sigma Phi convention at Norman, Oklahoma, April 26-27.

X-RAY SPECIALIST

Hortense Elliott is doing most interesting work in her home city, Des Moines, Iowa. Hortense has been working in Dr. Grimes office as an X-Ray specialist for the past three years.

A LETTER FROM MILDRED HEATH

The following is an extract from a letter by Mildred Heath, who writes to Eda Lord Murphy and is, as you can see, very much interested over her work. Mildred attended summer school last summer, and is now teaching at Armstrong, Iowa.

"Armstrong is a small town, with a consolidated school of 350 pupils. They have a fine building with a well equipped home economics department consisting of a kitchen, sewing room and dining room combined, and the cafeteria fitted with steam heated serving counter, dishes, silverware, etc. Practically all country children eat at the cafeteria, our highest number for one day being 120. All of the cooking is done by eight sophomore girls who are divided into groups of two, who plan menus, order lists, recipes, etc. (subject to my approval). Three girls are hired to wash the dishes and to put the cafeteria in order each day.

A typical menu and prices are as follows: tomato soup .03; mashed potato with dried beef gravy .05; bread and butter .02; cocoa or milk .03; apple salad .04; scalloped corn .03; baked custard .04.

The menu is posted in the hall each morning, then each pupil orders his choice on a slip of paper, signs his name and puts slip in the box. These slips are counted by myself by 9:30, then I make out the definite grocery order and recipes for the class who come down at 10:40. Working slips are made out for each two girls for a week, so they know exactly what is expected for the change in soups, desserts, etc. for each day.

The children of the first three grades are served a plate lunch for ten cents, consisting of soup, bread and butter and pudding or cocoa.

The cafeteria is self-supporting, except that the school board pays for the heat used. A report is made to the superintendent each six weeks. All supplies are purchased from the local stores. Our last report shows total number served 1835—average number served daily 65—total expenses \$234.67; total receipts \$213.85; value of supplies on hand \$15-\$20.

Our department plans a Home Economics day this spring with an exhibit of sewing, house plans, interior decoration and a style show followed by an informal tea to the guests.

My girls in junior class are giving a series of luncheons—each girl is hostess to six guests and is responsible for the

(Continued on page 24)

THE IOWA HOMEMAKER

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OUR NEW COVER.

May we express the appreciation of Homemaker readers as well as that of the staff to Miss Catherine Doolittle and her class in commercial design, who so kindly gave their time to the designing of some new Homemaker covers?

The design which was selected was made by Alma Irene Bunting, a junior home economics student from Lacey, Iowa.

TO THE HIGH SCHOOL GIRL

Five hundred copies of this issue of the Iowa Homemaker will be sent to the high schools of the state with our congratulations to the 1923 high school graduates. As they step out of secondary school we gladly invite and welcome them into our ranks of college women.

College days are full days, as any college woman will testify. They are days full of pleasure as well as work and study. And a truly successful and happy college career, it has been found, prepares a woman, not only to earn her living, but to do well the type of work she loves best, which means, in the final analysis, serving mankind most efficiently and ably.

Next September, when the trains crowded with college students pull into Ames, we hope that we may greet many of you.

MARRIAGE AND A CAREER

Most people of today realize that education is the greatest asset a man or woman may acquire and with it the greatest service for society can be accomplished. But there are a good many folks, too many of them, women included, who consider marriage the chief end and aim of a woman's education. They agree with Schopenhauer, who wrote:

"Women exist in the main solely for the propagation of the species and are not destined for anything else."

As parents, these people train their sons toward the ideal of professional success, but reserve for their

daughters a dilute sort of education, starting with dolls, following thru with dish washing, pie baking, and the making of pretty clothes and pretty faces. They rarely encourage study in any line of work, or interest in public or national affairs. What they do is all done with the view of getting the daughters married and making passable housewives out of them after they are married.

This idea of marriage as a be-all and end-all is waning. Older women have disproved Rousseau, who wrote, "Women have, in general, no love of any art; they have no proper knowledge of any; and they have no genius." For women have achieved success in the arts, sciences, and other fields.

Will not the name of Madame Schumann-Heinck, as a great artist, go down beside that of Caruso's, or Maude Powell's beside that of Zimbalist, Elman, or Kreisler? Will not Elizabeth Barrett Browning's love sonnets live as long as the dramatic monologues of her husband? Can we soon forget the Divine Sarah?

A woman it was who was one of five to receive one of the first of the Nobel prizes in 1911 for the best work done in chemistry—Madam Curie, who discovered the precious metal radium.

A woman it was who painted the "Horse Fair" when only 28 years old, the largest canvas ever attempted by an animal painter,—Rosa Bonheur.

Lady Maude Royden, said to be the greatest woman in England, came to America this winter, and calmly stood before huge audiences answering questions put to her by our most learned men concerning world problems.

The National League of women voters, a most unique organization for the training of women citizens, was founded by women, the most outstanding among them being our own Mrs. Carrie Chapman Catt.

Among the women of the day who are winning national fame is Florence Allen, judge of the Ohio Supreme Court, who recently spoke at an Iowa State convention.

One can but begin to cite a few of the instances where women have been successful, there have been so many of them. But these are enough to indicate the tremendous possibilities which lie within reach.

Let it not be understood that we are arguing against home training and marriage. Indeed no. We believe in both. But why should it be made the only ideal of a girl's life? Is it not better that parents bring their daughters up in such a way as to develop and bring out all their powers and abilities, and to endeavor most of all toward the ideal of noble womanhood?

"Choose! Marriage OR a career?"

The girl who has answered "marriage," has simply folded her hands and marked time while waiting for the "Prince." Up to the time of his arrival she has wasted the most of her time. And some of them are still wasting it.

But the girl who answers "Marriage AND a career," has come into touch with the very best of life. She has gone to school; she has studied, and worked. She knows the joys of professional accomplishment. She has roughed against the world. When marriage comes to her she is prepared and ready to be, to her husband, something more than a housekeeper, and to her children a real mother!

The next issue of the Homemaker will feature HOME-MAKING. Order extra copies from circulation manager.

ETERNAL



QUESTION

FOOD SELECTION

Will you please tell me in a general way what foods are required in the diet of an average person and how often they are required?

One-half pint of milk a day for an adult and at least one pint a day for a growing child; a cooked cereal at least three times a week; at least one vegetable beside potatoes and dried beans daily; some fruit daily, preferably fresh; a raw fresh vegetable or fruit at least three times a week; sweets should be served at the end of a meal only.

KINDS OF SALMON

Will you please distinguish for me the Red or Sockeye salmon and the other kinds which are marked red meat on the can?

Red or Sockeye salmon is the name of a grade or variety of salmon. This has red flesh, of good texture and flavor and is a small fish. Many other varieties of salmon may have red flesh but that has little to do with the worth of the fish. There may be good and poor varieties marked "red meat."

BANQUET DECORATIONS

Will you please make suggestions for decorations for our Junior-Senior banquet? The colors are green and white.

Ferns, spyrea, snowballs or other white flowers may be used. If the table is a long one, smilax or flat ferns may be placed on the tablecloth between the baskets of flowers. Avoid bouquets that make the table look heavy and that shut off conversation. Green and white crepe paper nut caps at each place with salted nuts and green crystal candies would add to the attractiveness of the table.

WASHING WOOLEN SWEATERS

How may woolen sweaters be washed so as not to lose their shape in the process?

Use warm soft water and a pure white soap. Dissolve soap in a small amount of the water and use this solution for the lather. Never rub soap directly onto the sweater. Have sufficient water to cover the sweater and proceed by squeezing and rubbing in the soapy water. Rinse in clean, warm soft water. To the last rinse add one tablespoonful of glycerin for each gallon of water used. This makes the wool softer as it replaces some of the natural oil. To dry, place several thicknesses of cloth on a table and proceed to dry out sweater, stretching it to fit the original measurements. (Measurements of width of shoulders, width of lower edge, length of sweater, length of sleeve and width of sleeve should be taken before washing.)

PLACE OF THE GUESTS OF HONOR

Does a gentleman who is the guest of honor at a dinner sit at the right of the hostess?

If the guest of honor is a gentleman he is placed at the right of the hostess, if it is a lady, at the right of the host.

CHOCOLATE STAINS ON SILK

How may chocolate stains be removed from silk material?

Sponge the spotted material with lukewarm water and if here is grease remaining after this treatment, use a grease solvent such as chloroform or ether rubbing gently.

THE HOSTESS' PLACE AT DINNER

Where should the hostess sit when entertaining guests at dinner?

If the hostess must attend to the serving, she should sit in the place nearest the kitchen door; but if maids serve the dinner, the hostess sits opposite from the place nearest the kitchen door, and facing the door.

BONE AND TEETH BUILDING FOODS

My six-year-old boy has undeveloped teeth and bones. What foods would give him more teeth-building material?

Foods containing calcium, or phosphorus would build teeth and bones. Milk, cheese, buttermilk, cottage cheese, spinach, egg yolks, whole cereals, figs, red meat, dried beans, dried peas and peanuts will supply him with minerals he needs.

WHOLE WHEAT AND GRAHAM FLOURS

What is the difference in the food value between whole wheat and graham flours?

Graham flour is more nourishing because it has more of the bran or outer layers of the wheat kernel left in it than the whole wheat flour has.

COVERING OF FOOD DISPLAYS

Is there a law compelling merchants to cover their foods on display?

Sec. 2527-1 of the Sanitary Law of Iowa states: "Confectionery, dates, figs, dried and fresh fruits, berries, butter, cheese, and bakery products, while on sale or display, are required to be properly screened or covered to effectively protect the same from contamination or damage by flies, dust, vermin, or other means."

(Continued on page 23)

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It Is Not Always May

(Continued from page 1)

back, no matter how long I am needed at home."

Three years later, I was registering students for the next year's work, when a registration card, bearing the name of this former student, was placed upon my desk. I looked up into her smiling, resolute face, and rose to greet her. In that same determined tone which she had in her voice the last time I had talked with her she said, "I have come back, after three years of hard work at home, with the small amount of money which I have been able to save from my wages as clerk in a small town store, and I am going to see this thing through now."

I have watched that girl, and advised with her, during the last two years, in which time she has been able to finish all the work required for graduation. Very little of her time, outside of school hours, has been her own, as she has worked for her room and board the entire, two years, and has assisted two small girls in their piano practice, in order that she might get the money necessary for her books and incidentals. But, through it all, there has never been a moment's doubt as to whether she would carry her burden to the end.

Yesterday, at the end of three years in our high school, I saw her to the platform to receive one of the honor pins which are given, each year, to certain members of our graduating class, as a reward for high scholarship. When I talked with her later, I said to her, "I have recommended you as the one girl who should receive the three hundred dollars which our Girls' Club is offering, as a scholarship fund, to the most worthy girl in the senior class." With tears in her eyes and voice she said, "That is beyond what I have ever dreamed of. If I get that, I can go on to college, as I have always hoped I might. I can use that money for my tuition, and can work for the rest." That story speaks for itself. Are you, oh girl with all the necessities and comforts of life at your command, doing as much to develop your talents as that girl is doing, with almost nothing in her favor, except a determined spirit?

Every student out of the thirty who were asked what an ideal high school girl should be, said that she should have a desire to rank among the highest, in her school work. High schools and colleges all over the United States are raising their entrance requirements and their continuation standards. The girl who is unwilling to do her best will, in a few years' time, find herself out of the running.

At the present time there are too many girls who show a disinclination toward serious, thoughtful work in high school. Much of this, I feel, is due to the fact that the girl has no definite responsibilities in her home. There are no set tasks which she must perform. Not long ago, I asked a class of eighteen how many of them had certain duties to perform, either before or after school which, if left undone by them, would be done by no one else. Out of the eighteen—most appalling discovery—only two said they had such responsibilities. Most of them said they were supposed to do certain things, but if they did not want

to do them, some-one else would. Several of them said that nothing was expected of them except to get to their meals on time, and make some show of studying.

Surely the home must expect something of the girl if she is to feel that she has a part in her family life. That is one element in her character building which the home could, and I believe should, foster and develop much more seriously than is being done in many homes today. The girl inherits from the mother, so the mother must see that the heritage is built upon the foundation principles of unselfishness, earnest endeavor, and decision. That decision, that power to reach a conclusion, must, of necessity, be the balance wheel of her life. Without it, she is like a mariner without a compass.

One of the big decisions which the high school girl has to make is what she is going to do after she leaves high school. This is something which should have serious consideration, even during her freshman year, for, again and again, a girl, who has reached her senior year, suddenly finds she has not taken the necessary courses to allow her to enter the school which she has chosen, or which will serve as a foundation for the work she wishes to take up in college. The tragedy of all this is that she drifts thru high school, and thru college, only to find herself forced to do something, without having yet reached a decision as to what that something may be.

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Student Supply Store

Campustown

ating class, three years ago, told me, at the end of her senior year, that she had no idea what she wanted to do, altho she had known, all along, that she would have to do something. She worked in an office for two years, always restless, because she was not able to satisfy herself that she was doing the thing she wanted to do. Finally, she decided, much to our joy, that she would go to college, which she did. But just now, at the end of her freshman year, she does not know what line of work she wishes to go into. She enrolled in the Department of Physical Education when she entered the University last September, changed, at the end of her first semester, to the Department of Home Economics, and, now, does not think she cares for that.

That girl could not afford, either financially or psychologically, to have reached the age of twenty-one without having some idea of what she is especially interested in, or fitted for. Too many people drift through their teens and twenties to be halted in their thirties by the fact that their drifting has prevented their landing in the harbor of success.

"By the street called By and By,
You reach a house called Never."

Much of the unhappiness in this world is caused by trying to fit the square person to the round task. The trouble is, the girl does not see, early enough, that she must get ready for the task which later will be set before her. The truth exists that she cannot fit the task to herself, so she must fit herself for the task, and do it early; for how necessary it is, that, as she reaches womanhood, she be able to do the thing in which she can find the greatest amount of happiness, and into which she can work the prettiest pattern.

So, we agree, do we not, that being a high school girl presents its own problems which the girl must face, each for herself? Creating a desire, within herself, for beauty of thought, conduct, and speech, is so necessary if she is to be a force, both during her high school days, and in the years to come. She need never fear for herself, no matter what work she undertakes, if she has thought and acted along right lines, for she will carry with her, in every fibre, a charm against defeat. But if she has followed after pleasure, and desired admiration, she need fear much, for there will be no strong wall of defense within herself, when she steps from girlhood into womanhood.

Picnic Ingredients

(Continued from page 3)

preparing the tomatoes at home and packing them in a box. The stuffing of celery, cabbage and peppers may be put in a glass jar along with a jar of lettuce so that the salad can be finished in a very few minutes after arriving at the picnic and be served on a crisp lettuce leaf if desired or not according to the amount of room that has been left in the car for carrying the food. Sliced tomatoes and cucumbers may also be carried in a jar and made into an attractive salad as may carrots and string beans or cabbage, celery and peppers.

Stuffed or deviled eggs are easy to carry if packed in a box and are usually liked on a picnic.

Ice cream or other frozen desserts

have become popular for picnics since every one travels in cars so that the freezer can be easily packed and carried for some distance. Cake and cookies are always good with frozen desserts or as a dessert themselves if they are not too dry. It is well to serve some beverage as coffee or cocoa if you are having cake or cookies only. Thick cookies carry much more easily than a very thin crisp cookie for they are certain to crumble and break regardless of the care taken in packing them. Cup cakes are much more easily packed than a layer cake so the housewife should keep this in mind when making her cake. Pies are sometimes made but they usually prove hard to carry unless there is a great deal of room in which to pack the dinner.

Plain fruit is always good to use as a dessert and is easily packed, while no picnic would be complete without fresh marshmallows to toast over the glowing coals of the picnic fire.

Pickles and olives are often used to give tartness to the menu. It is well to open the olives and turn them into a pail or paper at home rather than having to open the bottle when you reach the woods.

In packing the picnic lunch mother must plan more for each person than they would eat at home for the out-of-doors gives every healthy person a good appetite. Always have plenty of a few things rather than a small amount of many things. Picnic sets may be purchased at a very low price containing a tablecloth, napkins and dishes, so that everyone can use these instead of having to carry heavy dishes to the woods and home again. Always put in extra paper plates and napkins.

When going on a picnic it is essential that you remember to take matches, a can or bottle opener, a knife, a blanket to sit on and something to carry water in. Particular pains should be taken to see that all refuse and paper are burned and that no fire is left burning. Few people object to your picnicing on their grounds if care and precautions are taken.

Since the picnic is a vacation for everyone the housewife must plan a dinner that is simple enough that she will not tire herself out in preparing it. Careful planning rather than an elaborate menu marks the success of the picnic.

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**YUNKER
BROTHERS**

A Modern Version of the Hope Box

(Continued from page 5)

with a basket Wedgewood plate costing less than \$1. As one's room develops into an apartment or as one's plans develop into a real home, these less expensive dishes may be supplemented with more expensive china.

One thing more about dishes. Don't buy all uninteresting gold band dishes. Gay colors and pretty designs add so much to the charm of the meal especially if that meal is a little one. It is at a large table set with many dishes that one must be careful to not over-do the decorative effects. For this reason, in equipping a home, a girl finds a need for some dishes of a small conventional design that will stand the test of constant use.

In grandmother's day, a little girl, of ten began to hem her linens. These were stored in blue paper with scented pads until the eventful time when the young woman established a household.

But these times have changed. Consider the girl of today who has laid in a supply of table cloths, only to find that the round patterned cloths do not fit the new oblong tables. Or that the lovely round Maderia doilies are not nearly so fashionable today as the oblong service doilies of Italian Mosaic. The fact is that styles in linen change almost every year, so that no girl should buy too much to store away.

Never before has there been such a choice of linens to suit every occasion and every purse. Today, a girl's linens show her own fancies. There are runners, oblong doilies, and lunch cloths made of coarse or of fine linen, in natural, white or colors. Often these linen pieces are so simple that anyone can make them. It is cleverness and originality that count.

But remember, styles change rapidly. No girl should lay in a supply of many of these novelty sets even though she is buying for immediate use in her own home. Select these sets with care. Consider the ease of table service, the laundrying qualities, and the changing modes. We all have seen the passing of the crocheted sets, the Cluny lace, and similar fads. The use of unbleached muslin and other non-linen cloth soon lost favor because these fabrics did not launder easily and in the long run they were more expensive than the coarse linen textiles.

Maderia embroidery, if on fine linen, seems to stand the test of time very well. At present the fillet inserts used to add great charm to the embroidery. But behold, Dame Fashion has decreed the luncheon napkins be eighteen inches instead of fifteen, and some of our old napkins look so small.

Today, the best luncheon sets are in Mosaic, Italian drawn work, fillet and Maderia alone, real in combination. But who will say what the next two years will bring forth.

For inexpensive linens we must not overlook the gay colored breakfast cloths of Irish and German make, or the English block prints on natural colored linen. The Japanese cloths have long been used even though the napkins are but a hint at real napkins.

Shall the modern young woman spend hours stitching on fine linens? If you

value your eye sight, don't! Too often after days of close work one finishes the piece but to find that the color, the shape, or something else is quite passe and oh the pathos of such a discovery!

Of course a truly beautiful table cloth is a joy forever, the loveliest cloths come in patterns of 2, 2½, 2½ or more yards long and of carrying widths costing 15c and up. Most young women will not be apt to over buy at this price—but it is all the more necessary to have the cloth fit the table.

And as to monograms on linens! What atrocities have been committed in this line. There is not one woman in fifty who should dare attempt to embroider an initial on fine linen. And of all things, fashion is most capricious in the shape, size, and placing of such markings. Fortunately, at present, there is a tendency toward less marking of linen. If the monogram adds to the beauty of the piece of linen, well and good; but present prices of linen do not permit amateur experimenting.

And so we business women in our little nooks can gather about us silver, china and linens that are very personal and very characteristic. We add to these treasures bit by bit as we can
(Continued on page 20)



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Full information concerning the instruction offered at Ames may be secured by writing to the Registrar for special booklets and folders.

Students who desire to make use of the summer period may get under way with their freshman work at that time. The first summer session begins June 12; the second, July 23.

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Applications for admission and for dormitory quarters should be made at once by prospective students. Address the Registrar.

**IOWA STATE COLLEGE
AMES**

and we take such joy in our possessions that friends and families are never at a loss for Christmas suggestions.

Shall the modern girl start a hope box? No, and yes! If that hope box has a lock, and smells of lavender, and if it is in her room at home filled with hopes and dreams of a distant day, then I say "No!" But if that box or cupboard holds linen, silver, and dishes that she loves, and if she lives with these possessions and uses them to make her room more homey and her every day more livable then I say "Absolutely Yes!" A woman loves pretty linen, silver, and dishes and every woman should collect about her, table appointments that express her personality and give her joy.

Canning Early Fruits and Vegetables

(Continued from page 8)

cubed rhubarb, one package of raisins, two oranges and one-fourth pound almonds. Spiced rhubarb is also a general favorite.

In England and our country also, the experiment of using a very small amount of salt for part of the sugar in making jam and marmalade has been successful. The proportions used were three-fourths cup sugar and one-half tablespoon of salt to one pound of fruit. This resulted in a product less rich and sickening than when made with all sugar, and the salt flavor disappears after five or six days standing.

Nobody likes to pit cherries for canning, but who doesn't like cherry pie piled high with whipped cream, or spiced cherries for that salad you are going to serve at club luncheon. And if you want a cherry conserve add oranges and raisins. The open-kettle method of canning has proven the most successful for cherries.

One's time should not all be spent in preparing sweets for the family, for they will need and relish green things next winter just as well as sweets. Then, too, the vitamins and minerals contained in green vegetables are most important in the diet.

The asparagus tips should be canned before they get too hard and pithy. If you want attractive, well-filled jars sort the tips, grouping those of one size and color together. Do not forget to thoroughly blanch and cold dip all vegetables. This not only loosens skins and reduces bulk, but also removes objectionable flavors and insures the keeping of the product. Intermittent sterilization is preferred by many housewives, but straight cold pack is successful for all vegetables.

It is well to watch your early beets and not let them grow too large before you can them. The small round beets averaging about forty to a quart are the most suitable for first-class packs. These are not only a good size for pickles, but will make a most attractive garnish for meat or salad dishes.

The older the beet the more chance there is for loss of color, altho well-canned beets show a slight loss of color when removed from the cooker, but will brighten up in a few days.

When preparing the beet leave one inch of the stem and all of the root while blanching, and blanch not more

than six minutes. Never peel beets, but scrape the skin off with a dull knife or rub off with the fingers. Beets more than two inches in diameter should be sliced or cubed.

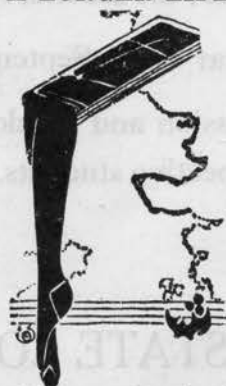
Firm small-sized carrots not more than one and one-half inches in diameter make attractive packs either whole or sliced. An unusually attractive pack is made by placing the circles in layers, putting the second layer into the space left by the first layer, and repeating until the jar is filled. The center should be filled in as each outside layer is placed against the glass.

Greens are spring tonic which may be canned to serve the year round. Don't let the dandelions, spinach, swisschard or even the beet tops get old and dry before you put away a supply. They are prepared in much the same way as other vegetables, but use care in selecting fresh, green, healthy leaves and can them the day they are picked. Thoroughly clean, place in a crate or cheesecloth, and blanch in live steam, either in improvised or regular commercial steamer for fifteen minutes. Cold dip, place on the table and cut into strips of convenient length. Pack tight in jars, but unless the product is thoroughly blanched be very careful not to pack too tightly as the heat may not penetrate and the product is apt to spoil, add hot water and season to taste. The addition of boiled bacon, chipped beef or even olive oil will somewhat improve the flavor. If meat is added the time of sterilization must be the time required for meat, or the product will spoil.

After removing your jars from the hot water bath, set on a damp cloth to keep them from cracking and keep out of cold drafts. Turn the jars upside down to test for leakage.

What a reward of labor to see the rows of neatly labeled jars in your preserve closet, and how your family will appreciate your efforts to preserve the good things that spring brings, for all the year round.

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WOLF'S

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Des Moines Iowa

The Story of Three Women

(Continued from page 6)

you wonder what kind of a school that would be? Well, for twenty years France has had the very helpful traveling school. Each one had two teachers and they went into some district that had called for them thru the government and set up a school in some house or hall or whatever the people had furnished for them. Most every district had one school and some had two or three.

"To this school came all the girls fifteen or over who were not in schools of other kinds and they were instructed in cooking, dairying, clothing, sewing, and some agriculture. A school stayed in a community three months and then went to the opposite side of the country and after three months moved in answer to some other call. What they taught depended largely on what the particular community needed and wanted most. The teachers for these schools were secured through national contests.

"I was a winner in one of these contests, took my training and was just ready to teach when the burdens of the government became so great that it could no longer support the traveling schools. I found myself disappointed. However, study and teaching and everything had made me very tired and as my father had bought a farm near St. Genis-Champelle I went there to rest and recuperate and do you know I found I liked ever so much to putter about with the chickens and cows and work about the garden. It was such a great change for me and I got well and strong and just liked so much to be out doors and work in the nice clean fields.

"But I had learned thru study so much that my neighbors did not know. I saw the great wastefulness in some things and such pitiful economy in others. I saw that they did not know how to economize rightly. They could not economize and live well at the same time and I was so glad when the good Miss Anne Morgan came to us, saw all of this, too, and asked me to help her start club work in France. It will be wonderful to exchange ideas and be of service to one another. Later we are hoping to exchange workers and demonstrations thru nationalizing with Canada, England, Holland and even Germany as well as many other countries. England has started a little club work and Canada is advancing more as you people are.

"When I go back two of your girls who have stood highest in your state in club work are going back with me at the expense of your state as a reward for their excellent efforts. They are Katherine Bolibaugh and Beulah Rogers of Eddyville, Iowa. Both of them live on farms in Mahaska county. They are now being given a few weeks special training here at Ames preparatory to leaving with me for France in May. They will demonstrate canning and other things while I explain it and talk. Thus they will be directly helping to build the first of these organizations. These American girls will get to see at first hand the conditions under which we labor and will come back and tell you all about us, just as I shall go back and tell all about you from the standpoint of having worked right with

you. Ah, can you not see that when this kind of work goes back and forth from country to country and our economic problems are studied at first hand nations will begin to understand each other better? We will, in truth, begin to get acquainted with each other and an internationalism will develop which will live because it will be based upon an intelligent understanding of the needs and limits and possibilities of all concerned."

Ah, truly, if we could all see the world's problems with the vision of Anne Morgan and Madeline Aydat perhaps we would come to the necessity of believing that the welfare of the other fellow lies at the roots of our economic situation. We can no longer live unto ourselves alone. We outgrew the Monroe Doctrine when we outgrew the conditions upon which it was based. We can not move backward nor hold too long to a past however pleasant. We left it far behind when we stretched our dominions from the equator to the pole and built up our industries on a world commerce. We

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laid it gently away with dear forgotten things when we pointed our ships into every known port of the civilized world and reinforced the acquaintance with consul and missionary. We have helped to clear the way for democracy. We can not stop now. The world must be made all over, a safe place in which to have born little children who have a right to food and shelter and a decent existence.

Internationalism is not coming, it is here waiting to be recognized, and only when we wake up as a nation to the fact that the world is small after all and that today every one's problems have become fundamental to our own will we be able to promote the agencies which shall bring order out of chaos.

Whether or not we shall have future wars depends upon how soon we are willing to help with these world problems for we are now living in a new epoch in which the brotherhood of man must be recognized.

What Shall We Take?

(Continued from page 12)

ones to wear with our informal dresses—but don't get two toned ones for they clash with about everything one wears," explained Margaret.

"I'm going to wear wool hose and those ribbed cotton ones when it gets cold. In the first place, they're warmer, and in the second, I'm always getting runners in my silk ones and I do hate to mend them."

"I should think four pair of silk, two of wool and two of cotton should suffice," said Eileen.

"I never realized our wardrobe was so extensive. Haven't we listed about everything?" questioned Veronica.

"Here's what we have down so far:

- 1 evening dress
- silk dress
- 2 woolen dresses
- 1 plaited skirt
- 2 or 3 sweaters
- 3 blouses
- 1 middy
- 1 suit
- 1 winter coat
- 1 dress cape
- 2 hats

- 2 pair gloves
- 3 pair slippers
- 8 pair of hose

Margaret, who had found a list of undergarments a prospective freshman would need, added to the list:

- 6 chemise, 2 silk, 4 cotton
- 5 night gowns or pajamas
- 6 vests
- 6 brassiers
- 6 bloomers, 2 silk, 4 cotton.
- 1 silk petticoat
- 1 cotton petticoat
- 1 kimona
- 1 pair of bedroom slippers

As is stated in the college catalog, students entering college must furnish all bedding, linen, and curtains, which includes, of course, napkins, dresser scarfs, and towels.

Gingham is a popular material for curtains as it can easily be kept fresh by frequent laundering. As a general rule the girls send their laundry home, or have it done outside of the halls. However each floor of the dormitories contains a kitchenette with sinks for washing clothes and an iron and board to press them, not omitting of course, an electric grill on which the girls prepare their spreads.

It is especially nice if a girl can bring a few furnishings for her room such as a boudoir lamp and a few pictures. "The Garden of Allah" hung across the room from a dressing table mirror makes a beautiful reflection which any girl would love to watch as she rests her eyes a moment from those profound books one studies in college.

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BOX CHOCOLATES

Luncheonette

Fountain Service

When we commence to talk about our Women's Shoes we never know which style to mention first or last, we've so many good styles. And remember, Girls, it will surely pay you to get your shoes in Ames as our prices are so very reasonable. Stylish Footwear from \$5.00 ap.

Ames Bootery

The New England

Marshalltown, Iowa

Let us show you materials for use in garments to be worn at graduation time. Our assortment is very complete and of the very newest and most desirable material.

Our prices are absolutely right.

E. R. LAY

A Summer Living Room

(Continued from page 7)

with a canopy and covered with cushions may be placed near the rustic tea wagon, a canopy chair to match the hammock, and a white lawn bench or two completes the picture. One may also buy a huge lawn umbrella and erect it over the tea table.

So you see porches may be cheap or expensive but always attractive. They are within the reach of every one and the family with such a porch will find themselves living out of doors and will be healthier, happier and wiser as a result.

Hazards of Bird Life

(Continued from page 9)

of them make on their migrations from tropical winter homes to temperate or even arctic breeding homes in the summer. Nature sometimes tempts them to go too fast into the inhospitable tho smiling North. Nature doesn't always keep her promises, and often many a bird freezes to death when a cold snap comes. And sometimes they do not get away fast enough on the southward flight.

The years of most birds are few, and the end is always tragic. That is the natural order of things. The old bird, perhaps a decade old, finds its wings too feeble to keep up with the flock. It lags behind, prey for some hawk or kite that hangs about the flanks of the migrating flock. Perhaps it drops exhausted to the earth only to become the prey of some rat or mink or fox.

And so the struggle goes endlessly on; eggs are laid, young hatch, the nestling period is passed thru, the young are fledged, the birds mature and mate and the long, long fall and spring journeys are taken. All along the way the dangers lurk. Some of the birds escape one only to run into another peril. One after another they are pulled down so that only enough escape to maintain the stable population of each species.

After all, isn't it a good deal like the way we human beings go thru life? Our enemies are different ones, it is true, but they are just as inexorable. If one of them doesn't get us, another will. Perhaps the care-free philosophy of the birds, if we may consider it as such, wouldn't be so bad a plan for the rest of us bipeds after all. What do you think?

Fords'

LUNCHEONETTE
FOUNTAIN SERVICE

NORRIS
ATLANTA
EXQUISITE
CANDIES

CAMPUSTOWN

The Eternal Question

(Continued from page 15)

HOME-MADE METAL CLEANER

Will you please give me a recipe for a good general metal cleaner which I can make myself?

In making the following place the silicic acid in a bottle first, then add the other ingredients.

¼ cup dilute oxalic acid
1 box electro silicic acid
½ cup wood alcohol
1 pt. kerosene

A RECIPE FOR VEAL BIRDS

Will you kindly send me a recipe for veal birds?

Select slices of veal from the leg, cut as thinly as possible, remove bone, fat and skin. Cut in pieces two and one-half inches wide, each piece making a bird. Chop trimmings of veal and a small piece of salt pork and add one-half their measure of finely crushed crackers. Season

The Quality Loaf

BUTTER NUT

BREAD

BATES BAKING COMPANY

J. D. PALMER & CO.

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Munsing-Wear Underwear

La Camille French Laced Corsets. Expert fitting service.

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ECONOMY

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Coats—

\$10.00, \$12.50, \$15.00 and up to \$85.00

Suits, Poiret Twill, Silk Lined—

\$25.00, \$27.50, \$30.00, \$32.50, \$35.00, etc.

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AUG. F. SCHWIEN

723 Story St.

Boone, Iowa

with pepper, cayenne, poultry seasoning, lemon juice and onion juice. Moisten with beaten egg and water. Spread each piece with a thin layer of stuffing, taking care not to have the mixture come too close to the edge. Roll and fasten with skewers or toothpicks. Sprinkle with salt and pepper, dredge with flour and saute in hot butter to a golden brown. Put in a stew pan, add rich milk to half cover the meat and cook slowly 25 minutes or until tender.

TABLE COVERINGS

Could you suggest a novel covering for a mahogany davenport table which would harmonize with my blue and taupe furnishings?

For a small davenport end-table a small square cover would be appropriate. It would be well to repeat the blue of your other furnishings in the cover and to have something in it which would brighten the room, such as gold. You can find lovely pieces of heavy silks embroidered in gold thread or one-color brocades to which you can add color. If your table is a large rectangular davenport table, a long narrow runner of tapestry would be very nice. This could also repeat the blue of your draperies.

Who's There and Where

(Continued from page 13)

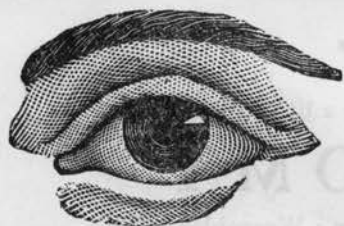
entire affair. Besides our regular work we have a chicken supper to the public for two serving demonstrations and also for a teacher's study center.

The people in this community believe in practical home economics, and I believe that the girls are receiving more benefits by cooking and serving large amounts to be used for noon lunches than by cooking just enough for one or two servings."

Hoping that a few of my plans may be of benefit to someone else, I remain,

Yours truly,

(Signed) MILDRED HEATH.



A KEEN MIND

In school, in business, everywhere—a keen mind means better work, more rapid advancement. The eyes are the lenses of the mind. Keep the eyes clear and keen and you keep the mind clear and keen.

KNOW that your eyes are right. IF IN DOUBT SEE

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